HERE'S WHAT'S COOKING IN YOUR ROYAL NEIGHBORS' OF AMERICA KITCHENS!

"EX FIDE FORTIS"

Published 1986 By

ROYAL NEIGHBORS OF AMERICA

Fraternal Life Insurance Since 1895

"EX FIDE FORTIS"

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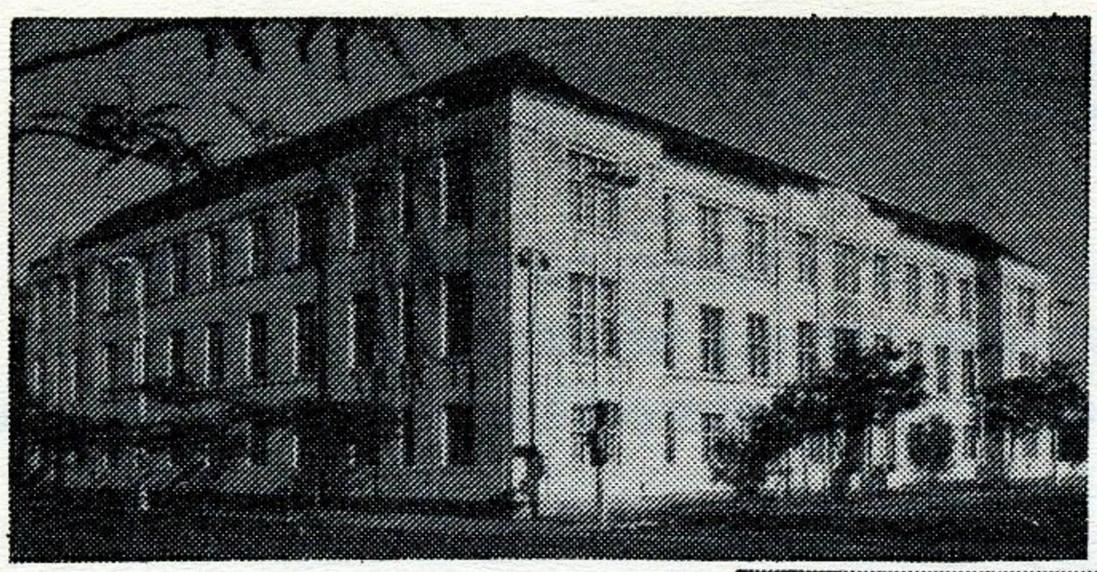
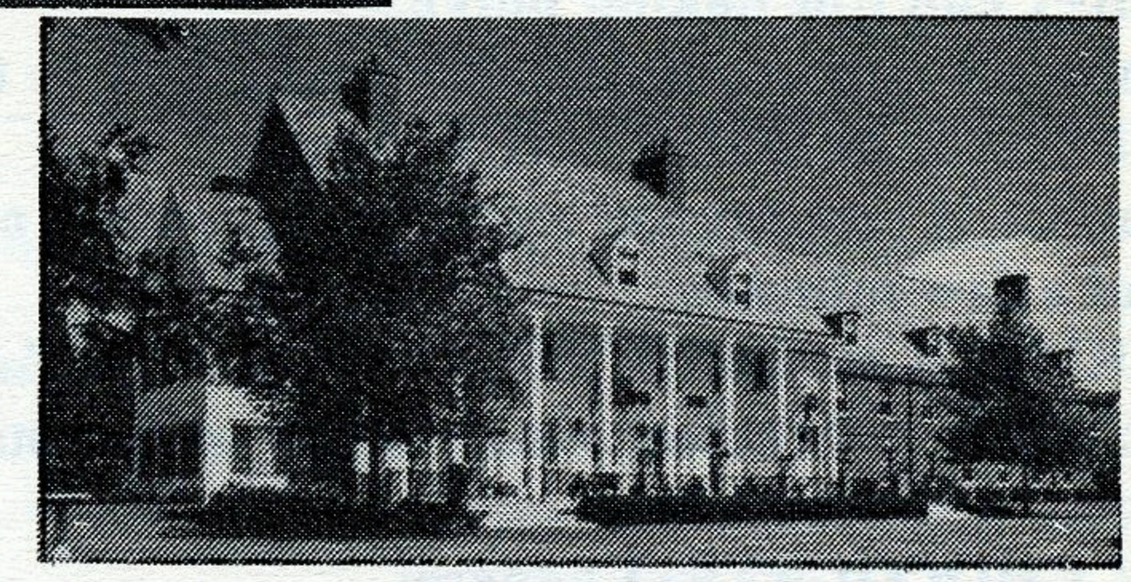


SUPREME OFFICE
Rock Island, Illinois



NATIONAL HOME
Davenport, Iowa

ROYAL NEIGHBORS OF AMERICA

Supreme Office---Rock Island, Illinois

"Dedicated to the members of the Royal Neighbors of America whose pioneer efforts and continuing loyalty have contributed to raising the Society to its present outstanding position, and to those members who, through devoted service and cooperation, shall in the future raise still higher its standards of progress and achievement."

National Home---Davenport, Iowa

'In Bonds of Fraternity
We Pledge Friendly Shelter and the
Warmth of Fellowship
to all who Enter Here'

"Throughout the years, Royal Neighbors far and wide have made it possible---by unparalleled cooperation, generous support, and genuine fraternal concern---for our Society to continue the provision and maintenance of these beautiful surroundings and real home comforts for all those Neighbors who shall enter its doors as permanent residents.

"Dedicated to Fraternity, this Home and those who reside within are living tributes to the purposes and progress of Royal Neighbors of America."

In keeping with its time-honored traditions of neighborly and fraternal service as epitomized by its Supreme Office operations and its National Home, Royal Neighbors of America presents this cookbook in cognizance of the same warmth and glow of fraternity that captures the spirit and hearts of everyone seated at the dinner table with family and friends.

--The Board of Supreme Directors

Supreme Oracle--	Mrs. Margaret Henderson
Supreme Recorder--	Miss Carol S. Hicks
Supreme Directors--	Mrs. Doris L. Risdall, Chairman
	Mrs. Vesta M. McCready, Vice-Chairman
	Miss Priscilla Ann Curtis (and Editor)
	Mrs. Frances E. Jondahl
	Mrs. Daisy M. Daniels

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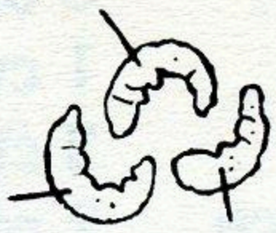
The design of this book was selected for the convenience of its use by the reader. Its extended cover, with Wiro binding, permits the book to be stood upright, as on an easel, for easy reference by the cook.

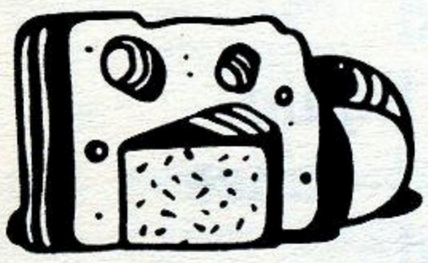
Comprising the contents of this cookbook are family-favorite recipes collected from RNA Supreme Officers and members of the RNA field staff, who invite all readers to "dine" on their generous "servings" of "HERE'S WHAT'S COOKING IN YOUR ROYAL NEIGHBORS' OF AMERICA KITCHENS!"

Edited by—

Miss Priscilla Ann Curtis
Supreme Director and Editor
Royal Neighbors of America

Appetizers and Beverages





A Morsel for the Mind

Three things describe a fraternalist: A seeing eye, a hearing ear, and a responding heart. The train of fraternal love runs on the tracks of concern and compassion.

Bacon Wrap-Arounds

1 lb. pre-cooked sausage
1 lb. bacon

Fry bacon until half done or limp. Slice sausage into bite-size chunks. Wrap with bacon and secure with a toothpick. Put under broiler until bacon is crisp, turning once.

Supervisor Lois Jean Hebert, Kankakee, Ill.

Caramel Corn

1 cup oleo
½ cup white Karo syrup
2 cups brown sugar
¼ tsp. cream of tartar
5 to 7 qts. popped corn

Mix oleo, Karo syrup, brown sugar, and cream of tartar. Cook for 6½ minutes. Pour over popped corn. Spread on greased cookie sheet. Bake in 200° F. oven for 1 hour.

Deputy Sarah Alice Fowler, FIC, Eugene, Ore.

Snack Crackers

½ tsp. dill weed
½ tsp. garlic salt
1 env. Hidden Valley Ranch Creamy Italian Dressing
1 cup salad oil
Oyster crackers

Mix all ingredients except crackers together and heat. Pour over oyster crackers. Stir well and serve.

Deputy Verna Grace Gustafson, Selby, S. D.

Dried Beef Dip

5 tbsps. milk
1 tsp. lemon juice
1 cup cottage cheese
1 pkg. dried beef, shredded
1 tsp. mustard
½ tsp. horseradish

Mix first 3 ingredients in blender until smooth. Add remaining ingredients and stir.

Supervisor Dorothy May Pontius, Arkansas City, Kan.

Caper Vegetable Dip

¼ cup chopped capers
3 tbsps. chopped chives or onions
1½ tsps. paprika
1 tbsp. dill weed
2 tbsps. chopped parsley
¼ tsp. garlic powder
1 tbsp. lemon juice
1 cup mayonnaise
1 cup sour cream

Blend all ingredients except sour cream together the day before in a blender. Do not blend in sour cream. Fold sour cream in by hand to prevent the dip from being too soupy.

Supervisor Dolores J. Hackett, Franklin, Wis.

Cheese Ball

½ lb. American cheese
¼ lb. sharp Cheddar cheese, cubed and softened
½ cup salad dressing
1 tbsp. chopped onion
1 tbsp. sweet pickle
2 tsps. Worcestershire sauce
Chopped parsley and pecans, if desired

Cream together American and Cheddar cheese with electric mixer. Add remaining ingredients to cheese mixture, mix well. Let stand for at least 6 hours. Mold. May be covered with chopped parsley and pecans.

Supervisor Mary Lou Sienknecht, FIC, Lincoln, Iowa

Cream Cheese Spread

1 8-oz. pkg. cream cheese
½ cup pecans, chopped
½ cup olives, chopped
Mayonnaise

Mix all ingredients together with mayonnaise until well mixed. Can be served as a dip or as open-faced sandwiches.

Deputy Ruth Harmon Rodgers, Redondo Beach, Calif.

Appetizers, etc. . . .

Cheese Ball

2 large pkgs. cream cheese, softened
2 pkgs. smoked ham, chopped fine
1 tbsp. minced onion flakes
1 tbsp. Worcestershire sauce
1 tbsp. milk

Set aside ½ cup of the chopped ham. Soak onion flakes in hot water for 20 minutes, drain, then mix together with all the rest of the ingredients and chill for ½ hour. Form into a ball and roll in chopped ham. Refrigerate until ready to serve.

Deputy Catherine M. Butcher,
Stewardson, Ill.

Hot Taco Dip

1 can cream of mushroom soup
1 Cracker Barrel cheese, white with jalapenos
1 box frozen chopped broccoli, thawed
1 1-lb. box Velveeta cheese

Cut cheese and melt with soup; add broccoli. Serve hot with taco chips.

Wilbur R. Thomas,
Controller,
Rock Island, Ill.

Doggies

1 12-oz. bottle chili sauce
1 10-oz. jar grape jam
1 lb. hot dogs or cocktail hot dogs

Mix sauce and jam thoroughly, heat for about 30 minutes. Put sauce in a fondue pot. Slice hot dogs about ½-inch thick, put in sauce, heat and keep warm in fondue pot. Use cocktail toothpicks for serving.

Deputy Connie Fox,
Stockton, Calif.

Chalet Ham Dip

1 4½-oz. can deviled ham
1 8-oz. pkg. cream cheese, softened
1 tsp. Worcestershire sauce
1 tsp. prepared mustard
2 tbsps. milk

Thoroughly combine first four ingredients. Gradually add milk, stirring until smooth. Serve as a dip for Swiss cheese crackers. Makes about 1⅔ cups dip. (Very good with Cheddar cheese crackers, also.)

Supervisor Delores Mae Bean,
Hallock, Minn.

Radish And Cream Cheese Spread

1 8-oz. pkg. cream cheese
¼ cup butter or margarine, softened
½ tsp. celery salt
Dash paprika
½ tsp. Worcestershire sauce
1 cup finely chopped radishes
¼ cup finely chopped green onions

Mix cheese, butter, celery salt, paprika, and Worcestershire sauce together until smooth. Stir in radishes and onions. Chill several hours to blend flavors. Spread on whole wheat crackers. Makes 1½ cups.

Deputy Dianne C. Deming,
Waupun, Wis.

Spinach Dip

1 pkg. frozen chopped spinach
1 8-oz. pkg. sour cream or cream cheese
1 cup salad dressing
1 pkg. Lipton's Country Vegetable Soup Mix

Mix together all ingredients. Refrigerate for at least 2 hours before serving.

Supervisor Alice June Stark, FIC,
Puxico, Mo.

Easy Pate

1 lb. liverwurst or Braunschweiger
1 cup sour cream
¼ cup chopped green onion
1 tsp. instant beef bouillon

Combine all ingredients and beat until smooth. Serve on Melba Rounds or crackers.

Deputy Verna Jean Bortle,
Page, N. D.

Egg And Caviar Dip

2 to 3 hard-cooked eggs, chopped
2 tbsps. chopped onion, red or yellow
¼ cup mayonnaise
2 tbsps. black or red caviar, or 1 tbsp. each color

In medium-size mixing bowl, combine the eggs, onion, and mayonnaise. Mix until smooth with a fork or spoon. Spread the mixture in a shallow serving bowl or dish. Carefully cover the surface with a single layer of caviar. Designs may be made with the caviar. Or cover only half of the surface for those who don't care for caviar. Serve with crackers. Serves 4.

Supervisor Sandra Mary Becker,
Creve Coeur, Mo.

Appetizers, etc. . . .

Crab Spread

1 8-oz. pkg. cream cheese
1 tbsp. milk
1 6½-oz. can crabmeat
2 tbsps. finely chopped onion
½ tsp. cream-style horseradish
¼ tsp. salt
Dash pepper
⅓ cup toasted, sliced almonds

Combine softened cream cheese with milk. Add crabmeat, onion, horseradish, salt, and pepper. Blend well, then spoon into oven-proof dish. Sprinkle with almonds. Bake at 375° F. for 15 minutes. Serve piping hot with crackers or chips. Can also be heated in microwave.

Deputy Mary Lou Rambo, FIC,
Missoula, Mont.

Spiced Walnuts

2 cups walnut halves
1 cup sugar
⅓ cup water
2 tsps. cinnamon
½ tsp. cloves
Salt, to taste
1½ tsps. vanilla

Heat oven to 275° F. Toast walnuts for 10 minutes only. Combine next 5 ingredients and boil for 2 minutes. Remove from heat and add vanilla and nuts. Stir until cloudy. Pour onto buttered waxed paper, separate, and let harden for 1 hour.

Deputy Donald E. Woods,
Longmont, Colo.

Nacho Cheese Dip

1 16-oz. jar Cheese Whiz, regular or with jalapeno peppers, as desired
1 small can refried beans
½ cup Salsa Taco Sauce

Mix and heat in microwave oven (medium heat) until cheese melts, stirring occasionally. Serve hot with taco chips.

Mrs. Terry Lane,
Treasurer,
Rock Island, Ill.

Shrimp Dip

1 8-oz. pkg. cream cheese
1 tbsp. French dressing
1 tbsp. catsup
½ tsp. garlic salt
½ tsp. onion salt
1 7-oz. can broken shrimp

Mix until smooth. Chill. Serve as desired.

Deputy Cheryl Ann Pink,
Mineral Point, Wis.

Chip Dip

4 hard-cooked eggs
6 stalks celery
1 green pepper
1 onion
2 cups Miracle Whip
¼ cup catsup
2 tsps. vinegar

Chop first 4 ingredients, then use blender or processor until quite fine. Combine remaining ingredients, mixing well. Chill. Makes large batch.

Supervisor Pearl A. Kling, FIC,
Kenmare, N. D.

Cheese Log

½ lb. grated sharp processed American cheese
1-2 tbsps. minced onion
3 tbsps. minced green pepper
3 chopped stuffed olives
2 tbsps. chopped pickles
1 tbsp. chopped pimiento
1 chopped hard-cooked egg
¼ cup mayonnaise
½ tsp. salt

Mix all ingredients together. Roll into log form. Chill.

Supervisor Ardelle G. Newberger, FIC,
Anoka, Minn.

Dill Dip

⅔ cup sour cream
⅔ cup mayonnaise
2 tbsps. minced onion
1 tbsp. parsley
1 tsp. seasoned salt
1 tsp. dill weed
½ tsp. Worcestershire sauce
3 dashes Tabasco sauce

Mix all together. For best flavor, let sit all night. Very good with fresh vegetables.

Deputy Marta J. Robertson,
Stillman Valley, Ill.

Easy Cheese Spread

1 2-lb. box Velveeta cheese
1 cup boiling water
3 tsps. Worcestershire sauce
½ tsp. garlic salt
½ tsp. onion salt
3 tsps. yellow mustard

Cut cheese in small chunks and place with other ingredients in boiling water. Stir until smooth and creamy and pour into containers.

NOTE: Microwave Method

Put all ingredients in large bowl and blend. Cook 2 minutes at medium temperature. Blend or stir well. Return to microwave for 2 minutes longer. Stir until smooth and creamy. Pour into containers.

Supervisor Roseline Marie Quinn,
Manistique, Mich.

Appetizers, etc. . . .

Hot Shrimp Dip

1 can shrimp soup
1 8-oz. pkg. cream cheese
1 4-oz. can mushroom slices, drained
1 can sliced water chestnuts, drained
1 tsp. garlic powder
½ small onion, diced
1 7-oz. can small shrimp, drained

Heat soup with cheese to mix. Add remaining ingredients. Keep hot while serving with crackers.

Gary L. Camp,
Investment Manager,
Rock Island, Ill.

Vegetable Dip

1 pkg. frozen spinach, drained
1 qt. mayonnaise
1 tbsp. onion flakes
Raw vegetables

Mix together spinach, mayonnaise, and onion flakes. Use as a dip for raw vegetables such as cauliflower, broccoli, carrot sticks, and celery.

Deputy Donald Ray Puckett,
Springville, Ind.

Punch

Juice of 2 lemons
1½ cups sugar
1 tsp. lemon extract
½ tsp. almond extract
2 cups milk
2 qts. 7-Up

Mix together all ingredients except 7-Up and chill. Add 7-Up before serving.

Deputy Louise Rose Kennedy,
Wabasha, Minn.

Spiced Nuts

1½ cups pecan halves
1 cup almonds
1 cup walnut halves
1 egg white
1½ tbsps. water
⅔ cup sugar
1 tsp. salt
1 tsp. cinnamon
1 tsp. coriander
1 tsp. ginger
¾ tsp. allspice

Combine nuts in a small bowl. In another bowl, beat egg white and water until foamy. Stir other ingredients into egg white, then add nuts. Turn into a lightly greased 9 x 13-inch pan. Cook on high in microwave oven, stirring and turning every 3 minutes. Cook uncovered for 10 to 12 minutes until done.

Deputy Donna Jean Ingram,
Henderson, Nev.

Shrimp Dip

2 small cans shrimp (drained and chopped)
1 8-oz. pkg. cream cheese
2 tbsps. mayonnaise
1 pt. sour cream
¼ tsp. garlic powder
¼ tsp. onion powder

Soften cream cheese at room temperature. Add mayonnaise, garlic and onion powder; mix. Add shrimp and sour cream. Refrigerate for an hour or so.

Charlie K. Coleman,
Actuary,
Rock Island, Ill.

Shrimp Cheese Ball

2 8-oz. pkgs. cream cheese
1 small can shrimp
Shrimp sauce

Form cream cheese into a ball. Roll in shrimp so outside is covered. Before serving, cover cheese ball with shrimp sauce. Serve with crackers.

Mrs. Terry Lane,
Treasurer,
Rock Island, Ill.

Shrimp Cocktail Sauce

¼ cup catsup
½ cup lemon juice
1 tbsp. Worcestershire sauce
2 tbsps. horseradish
½ tsp. Tabasco sauce
1 tbsp. minced onions
1 tbsp. minced celery

Mix all ingredients together and refrigerate until ready to use.

Supervisor Bettie Joyce Williams, FIC,
Houston, Texas

Cocoa Mix

1 8-qt. pkg. powdered milk
1 1-lb. can Nestles Quick
1 cup powdered sugar
1 6-oz. jar Coffeemate

Combine all ingredients. Use ¼ cup for each cup of hot water.

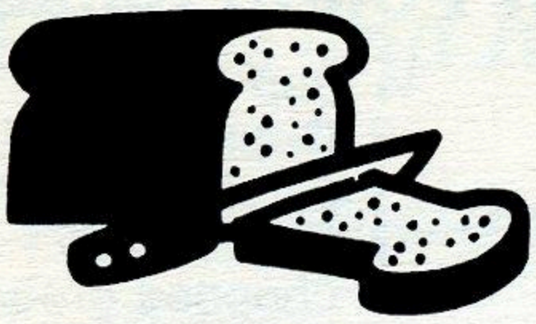
Deputy Verna Grace Gustafson,
Selby, S. D.

Cheese Dip

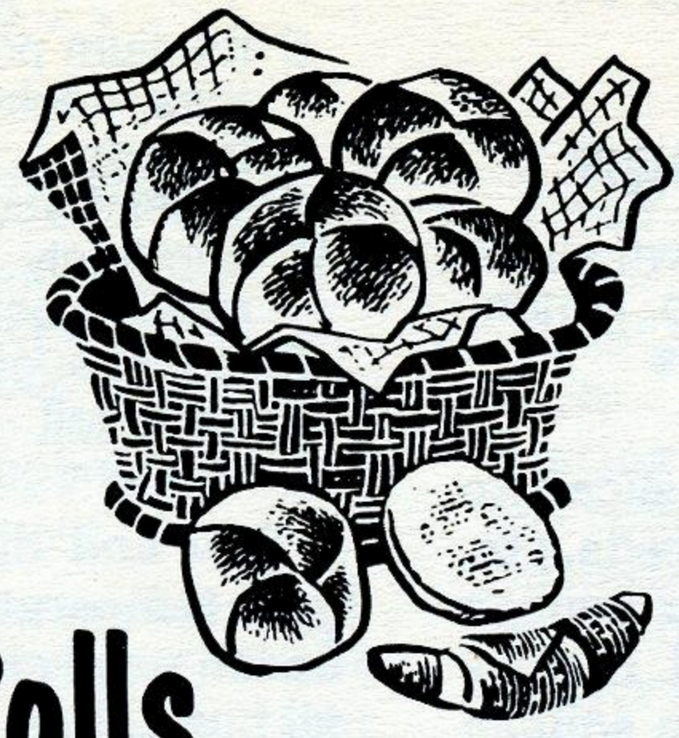
1 cup chili with beans
1 lb. Velveeta cheese
1 small can green chilies
1 pt. hot sauce

Mix all ingredients and heat. Serve warm with taco chips or French bread.

Deputy Maurine Helen Hughes,
Grand Forks, N. D.



Breads and Rolls



A Morsel for the Mind

No man lives by bread alone. They all need to be buttered up once in awhile.

The only way to assure that your bread will land jelly up is to put jelly on both sides.

Hard work is the yeast that raises the dough.

Yeast Rolls

½ cake yeast
¼ cup lukewarm water
1 cup hot milk
2 to 4 tbsps. sugar
1½ tsps. salt
2 to 4 tbsps. shortening
3 cups or more flour
1 egg, beaten

Soften the yeast in lukewarm water. Set aside. Pour hot milk over sugar, salt, and shortening. Cool to lukewarm. Add softened yeast, egg, and about ½ of the flour. Beat thoroughly. Add enough more flour to give as soft a dough as can be handled on a board. Knead until light and elastic. Place in greased bowl. Grease top and cover. Keep at 80° F. until dough has doubled in bulk. Then shape the rolls. Place in a well-greased pan. Let rise again until at least double in bulk before baking. Bake 12-20 minutes at 425° F.

Deputy Edna Viola Hartwell, FIC,
Medford, Ore.

Bran Muffins

2 cups All-Bran
1 cup Bran Buds
1 cup raisins
1 cup boiling water
1½ cups sugar
½ cup oil
2 eggs
2 cups buttermilk
2⅓ cups flour
½ tsp. salt
2½ tsps. baking soda
Chopped nuts

Pour boiling water over All-Bran and Bran Buds with raisins. Blend together sugar, eggs, and oil. Alternate buttermilk with dry ingredients. Add bran mixture. Greased muffin tins are more desirable than paper cups. Bake 15-20 minutes at 400° F. Cool muffins a few minutes before removing from pan. Batter may be refrigerated for several weeks.

Robert W. Walton,
General Counsel,
Rock Island, Ill.

Honey Puff Pancake

1 cup milk
6 eggs
3 tbsps. honey
1 3-oz. pkg. cream cheese, softened
1 cup all-purpose flour
½ tsp. salt
½ tsp. baking powder
3 tbsps. butter or margarine
Powdered sugar
Jelly
Lemon wedge
Syrup

Heat oven to 400° F. Lightly spoon flour into measuring cup; level off. Place milk, eggs, honey, cream cheese, flour, salt, and baking powder in blender. Let stand. Grease a 10-inch oven-proof skillet with 1 tbsp. butter. Add remaining 2 tbsps. butter. Heat in 400° F. oven until butter is melted and sizzles (2 minutes). While skillet is in oven, blend ingredients in the blender on high for 1 minute, scrape sides and blend 1 minute more or until smooth. Pour batter into hot skillet. Bake 20-25 minutes or until puffed and dark golden brown. Serve immediately with a sprinkling of powdered sugar, spoonful of jelly, and a lemon wedge. Makes 6 servings, 360 calories per serving.

Supervisor Karen Ann Gething,
Stevens Point, Wis.

Pull-Apart Garlic Bread

1 loaf frozen bread dough, thawed
¼ cup Parmesan cheese
½ cup margarine
Garlic powder
Parsley flakes

Grease bundt cake pan with extra margarine and dust with Parmesan cheese. Melt margarine and add cheese, garlic powder, and parsley flakes. Slice bread dough into ¼-inch pieces. Dip bread into margarine mixture and place in pan. Let rise and bake at 350° F. for 30 minutes.

Deputy Verna Jean Bortle,
Page, N. D.

Pumpernickle Rye Bread

4 cups warm water
1 pkg. yeast
¼ cup sugar or ¼ cup honey
2 tbsps. dark syrup
2 tsps. salt
¼ cup shortening
4 cups rye flour
6 to 7 cups white flour

Mix all ingredients together well, using 6 cups of white flour. (Use the rest of the white flour to make loaves.) Shape right away into 3 loaves. Let rise until double. Bake at 350° F. for 1 hour. Makes excellent toast with jam or jelly.

Deputy Logan Clifton Dunham,
Onarga, Ill.

English Muffin Bread

2 pkgs. dry yeast
6 cups flour
1 tbsp. sugar
2 tsps. salt
2 cups milk
¼ tsp. baking soda
½ cup water
Cornmeal, yellow

Combine 3 cups flour, sugar, salt, yeast, and baking soda. Heat milk and water until very warm. Add to flour mixture and stir well. Stir in remaining 3 cups of flour to make a stiff batter. Spoon into 2 bread pans that have been well greased and sprinkled with cornmeal. Sprinkle tops with cornmeal. Cover and let rise for 45 minutes. Bake at 350° F. for 25 minutes.

Supervisor Roseline Marie Quinn,
Manistique, Mich.

Zucchini Bread

3 eggs, beat to blend
1 cup salad oil
2 cups sugar
2 tsps. vanilla
2 cups ground zucchini or more
1 8-oz. can crushed pineapple, drained
3 cups unsifted flour
2 tsps. baking soda
1 tsp. salt
½ tsp. baking powder
1½ tsps. cinnamon
¾ tsp. nutmeg
1 cup walnuts, chopped fine
1 cup currants or raisins

Stir eggs, salad oil, sugar, and vanilla with a spoon until thick. Beat in zucchini and pineapple. Combine flour with baking soda, salt, baking powder, cinnamon, and nutmeg. Add walnuts to flour mixture. Combine zucchini and flour mixtures. Boil currants or raisins, then drain. Stir gently into mixture. Bake at 375° F. for 1 hour or until done. Cool in pans 10 minutes.

Deputy Venice E. Lewis,
Brush, Colo.

Finnish Oven Pancake (Pannukakku)

3 eggs
1 cup milk
¼ cup flour
2 tbsps. sugar
¼ tsp. salt

Beat the eggs with an electric mixer until fluffy. Add milk, flour, sugar, and salt, beating continuously. Mixture should have the consistency of thick cream. Pour into 2 buttered 8-inch round cake pans or one 9 x 13-inch pan lined with waxed paper. Batter should be ⅓-inch deep. Bake at 425° F. for 15-20 minutes. Turn out onto serving dish. Peel off waxed paper. Serve hot. Serves 4. Can be made ahead and reheated before serving. Best served immediately after baking.

Supervisor Marilyn H. Tobin,
Loveland, Colo.

Vegetable Nut Loaf

1 cup coarsely grated carrots (about 2 medium)
1 cup chopped celery
½ cup finely chopped onion
¼ cup butter or margarine
¼ cup unsifted all-purpose flour
1 tsp. salt
¼ tsp. pepper
1½ cups milk
1 cup grated sharp Cheddar cheese
¾ cup regular wheat germ
½ cup chopped pecans
3 eggs, slightly beaten
Quick Cheese Sauce

Prepare 8½ x 4½ x 2½-inch loaf pan. Grease pan. Line bottom with waxed paper and grease well. Simmer carrots, celery, and onion in butter in large covered skillet until celery is tender (about 8 minutes). Stir in flour, salt, and pepper. Add milk. Cook over medium heat, stirring constantly until mixture thickens. Stir in cheese over low heat until melted. Remove from heat. Stir in wheat germ, nuts, and eggs. Mix well. Pour mixture into prepared pan. Bake at 350° F. for 45-50 minutes until firm. Let stand in pan on rack 5 minutes. Invert onto serving plate. Slice and serve with Quick Cheese Sauce. Yield: 6-8 servings.

Quick Cheese Sauce

1 10½-oz. can condensed Cheddar cheese soup
½ cup milk

Combine ingredients. Mix well. Cook over low heat, stirring occasionally until thoroughly heated. Yield: 1½ cups.

Deputy Mary Lou Williams,
E. Detroit, Mich.

Quick-Change Dough

1 cup milk
½ cup sugar
½ cup shortening
3 tsps. salt
½ cup cold water
2 pkgs. dry yeast
½ cup warm water
2 eggs
6¼ cups enriched flour

Heat milk, sugar, shortening, and salt in double boiler until shortening is melted. Add cold water. Add yeast that has been dissolved in warm water to cooled mixture. Add beaten eggs. Mix well. Add sifted flour, about 2 cups at a time, mix well. Place in large greased bowl. Cover and store in refrigerator for later use. It will keep 3 or 4 days. During refrigeration the dough rises. To use immediately, let rise in warm place until double in bulk. Use for cloverleaf rolls, coffee cakes, cinnamon or caramel rolls.

Deputy Marth Ann Fincke,
Minneapolis, Minn.

Sopaipillas

4 cups flour
¾ tsp. salt
2 tsps. baking powder
1 tbsp. shortening
1 cup warm water
Fat for frying
Honey and butter

Mix dry ingredients. Add shortening and cut in well with a pastry blender or fork. Slowly add warm water and knead until smooth. Dough will be stiff. Cover dough with a damp cloth and let rise for 1 hour. Turn onto lightly floured board and roll very thin (paper thin). Cut into 3 x 4-inch strips. Fry in deep fat, 400° F. These puff and look like little pillows. Serve hot with honey and butter.

Supervisor Lois Lucille Brack,
Great Bend, Kan.

Potato Pancakes

6 medium-sized potatoes
2 eggs
¼ tsp. baking powder
1½ tbsps. flour
1¼ tsps. salt
1 thin slice of onion

Cut potatoes in cubes. Break eggs into blender; add flour, baking powder, salt, onion, and ¼ cup potatoes. Cover and start at high speed. With blender going, add remaining potatoes a few at a time. Pour on hot greased griddle. Bake until brown, turn, and brown other side. Serve hot with syrup or applesauce, or eat just plain.

Deputy Kathryn Irene Walstra,
Sharon, Wis.

Salt-Rising Bread

1 large potato, sliced very thin
4 tbsps. white cornmeal
4 tbsps. flour
½ tsp. baking soda
½ tsp. baking powder
1 tbsp. sugar
½ tsp. salt
2 cups boiling water
3 cups flour
½ tsp. baking soda
½ tsp. baking powder
1 tsp. sugar
½ tsp. salt
3 cups flour
1 tbsp. salt
½ cup sugar
¾ cup soft shortening
1 qt. hot milk

Place potato slices in a wide-mouth quart jar. Sprinkle with next six ingredients. Add boiling water. Place top on jar, but do not seal tight. Leave overnight in a very warm (115° F.) place. In the morning, the mixture should be very light and emit a rather unpleasant odor. Pour mixture into a large bowl, discarding the potato slices. Combine 3 cups flour, ½ tsp. baking soda, ½ tsp. baking powder, 1 tsp. sugar, and ½ tsp. salt. Stir into mixture in bowl. Set in warm water, cover with a towel, and put it where it will keep very warm (115° F.) until very light (about 2 hours). Sift 3 cups flour into a very large bowl and add 1 tbsp. salt and ½ cup sugar. Cut in the soft shortening. Pour the risen batter into the flour mixture and add the hot milk. Mix well, to a soft dough, adding more flour if necessary. Knead dough 20 to 30 minutes. Shape into 4 loaves and place in well-greased loaf pans. Score loaves across the top and set in a warm place to rise to double in bulk. Bake in a hot oven (400° F.) about 10 minutes to brown on top; then bake at moderate heat (350° F.) for about 1 hour or until loaf sounds hollow when thumped. Salt-Rising Bread was thought to be more digestible than any other kind of bread.

Deputy Mary Lou Williams,
E. Detroit, Mich.

Lefse

4 cups riced hot potatoes
3 tbsps. light cream
3 tbsps. lard
1 tbsp. sugar
1½ tsps. salt
2 cups sifted all-purpose flour

Mix riced potatoes with cream and lard. Chill for 1 hour. Add sugar, salt, and flour; blend well. Take about ⅓ cup of mixture and form into 2 balls. Chill for 1 hour. On a lightly floured board, roll out each ball paper thin and cook over low heat on a heated griddle until light tan.

Deputy Olive Charlotte Cook,
Park River, N. D.

Breads and Rolls . . .

Squaw Bread

2 cups warm water
¼ cup sugar
1 pkg. Red Star yeast
¾ tsp. salt
3 cups flour
2 tbsps. melted butter, oleo, or Crisco

Add sugar to warm water and dissolve. Add yeast to water and sugar solution and stir it to dissolve the yeast. Then add salt and 2 cups flour, stirring until dough is smooth. Then add another cup of flour, beating it as it is added. Add butter, oleo, or Crisco and beat well. It must be thoroughly mixed and blended. If dough seems too thin, add enough flour to have a medium batter. Set in a warm place to rise (setting it over a pan of hot water gives it a boost). When dough has doubled its volume, it is ready to fry. If not ready to fry it, the "cook" should use a spoon and stir it down and when it has doubled in bulk, it is again ready to fry. (I fry mine in Crisco, but any type of shortening will do. I usually have about an inch or more of shortening in the skillet and when it is hot, I dip small spoons of dough and fry.) Dough can be refrigerated for as long as 3 days.

Mrs. Margaret Henderson,
Supreme Oracle,
Rock Island, Ill.

'Family Reunion' Rolls

2 cups sugar
4 cups water
1 cup lard
1½ tbsps. salt
4 well-beaten eggs
1½ pkgs. yeast
½ cup water
1 tsp. sugar
12 cups flour

Start at 2 P.M. the day before the rolls are needed. Boil 2 cups sugar in 4 cups water for 5 minutes. Add lard and remove. Cool to lukewarm. Stir in salt, eggs, and yeast and 1 tsp. sugar that have been dissolved in ½ cup water. Add flour, enough to make a soft dough. Knead some to be sure there's enough flour to handle. Place dough in large bowl in warm place to rise. Knead down about 5 P.M. When dough rises to about double (9 or 10 P.M.), knead down again. Then shape into buns and place on cookie sheet. Cover with a dish towel and leave on the counter until the next morning. They will double or triple in size. Bake first thing in the morning at 350° F. for 20 minutes. Makes about 100 dinner rolls.

Supervisor Donna M. Torgerson,
Fairmont, Minn.

Cinnamon Yogurt Muffins

¾ cup margarine, softened
1¼ cups sugar
2 eggs, may use egg substitute
1 tsp. vanilla
1 8-oz. container plain yogurt
2 cups flour
1 tsp. baking powder
½ tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
2 tbsps. sugar

Preheat oven to 400° F. Cream margarine, 1¼ cups sugar, eggs, and vanilla in large bowl. Add yogurt; blend well. Combine flour, baking powder, baking soda, and salt in separate bowl. Add to sugar mixture, blending only until all ingredients are moistened. Fill greased muffin cups ½ full using half of the batter. Combine 2 tbsps. sugar and 1 tsp. cinnamon; sprinkle one-half of the mixture over batter in each cup. Fill each cup with remaining batter and sprinkle with remaining cinnamon-sugar mixture. Bake 15-20 minutes. Makes 18 muffins.

Deputy Charlotte M. Fichtel,
Aurora, Ill.

Banana Molasses Bread

3 ripe bananas
1 egg, unbeaten
⅔ cup sugar
2 tbsps. molasses
2 tbsps. melted shortening
2 cups flour, sifted
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
Walnuts

Mash bananas until no lumps remain. Add egg; mix well. Beat in sugar, molasses, and shortening. Sift flour, baking powder, baking soda, and salt together and stir into mixture. Stir in walnuts. Bake in greased 8 x 5 x 3-inch loaf pan at 325° F. for 1 hour.

Kitchen Hint: Banana bread is like all quick breads and muffins, it doesn't like beating. Once you begin to add dry ingredients, stir only to blend, don't beat.

Supervisor Sue Taylor,
Loves Park, Ill.

Apple Pancakes

2 cups biscuit mix
½ tsp. cinnamon
1 egg, beaten
1⅓ cups milk
¾ cup grated apple

Combine biscuit mix with cinnamon, egg, and milk. Beat until smooth. Fold in apples. Pour batter (about ¼ cup at a time) onto medium hot griddle that is lightly greased. Bake until bubbles appear. Turn and bake other side until light brown. Serve with warm syrup.

Supervisor Lois Lucille Brack,
Great Bend, Kan.

Breads and Rolls . . .

Tomato Bread

- 4½ -5½ cups flour
- 2 pkgs. dry yeast
- 1 tbsp. sugar
- 1 tbsp. salt
- ¼ cup chopped onion
- 1 tsp. sweet basil
- ½ tsp. thyme
- ¼ cup soft margarine
- 2 cups tomato juice (warm to the touch)

Blend 2 cups of flour, yeast, sugar, salt, onion, basil, and thyme in a large bowl. Add margarine and tomato juice. Beat for 2 minutes. Add 1 cup flour, beat until thick and elastic. Stir in remaining flour (1½-2½ cups) with a wooden spoon to make a soft dough which leaves the sides of the bowl. Turn out onto floured board and knead for 5-10 minutes or until smooth and elastic. Cover dough with oil and plastic wrap and towel. Let rest for 20 minutes. Punch down and shape into 2 loaves. Let rise. Bake at 400° F. for 30 minutes or until done. Tastes like pizza, serve warm with butter. Makes 2 loaves.

Deputy Patricia M. Mares,
Watkins, Minn.

Muffin Mix

- 2 cups All-Bran
- 1 cup boiling water
- ½ cup shortening
- 1¼ cups sugar
- 2 eggs
- 2 cups buttermilk
- 2½ cups flour
- 2½ tsps. baking soda
- ½ tsp. salt
- 1 cup 100% Bran Flakes

Soak All-Bran in boiling water, set aside. Mix shortening, sugar, eggs, and buttermilk. Add soaked All-Bran, flour, baking soda, salt, and 100% Bran Flakes. Bake at 400° F. for 20 to 25 minutes. Keeps 6 weeks in the refrigerator. Makes enough muffins to serve a crowd.

Deputy Debra Jean Nulph,
Post Falls, Idaho

Swedish Lefsa

- 4 cups riced or mashed white potatoes, cooled
- 3 tbsps. butter
- ½ cup cream
- 1 tsp. salt
- 2 tbsps. sugar
- 2½ cups flour

Mix potatoes, butter, cream, salt, and sugar like a pie crust. Then add flour. Make into balls. Roll balls out thin. Fry on a Lefsa grill.

Deputy Mary Etta Anderson,
Hallock, Minn.

Rhubarb Muffins

- 1¼ cups brown sugar
- ½ cup cooking oil
- 1 egg
- 1 cup buttermilk
- 2 tsps. vanilla
- 1½ cups rhubarb
- ½ cup nuts (optional)
- 2½ cups flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- ½ tsp. salt

Mix first 5 ingredients together and beat well. Add rhubarb and nuts. In a separate bowl, combine dry ingredients into rhubarb mixture, just until blended. Spoon batter into muffin cups. Makes two dozen. Bake at 375° F. for about 20-25 minutes.

Supervisor Rose M. Heazlett, FIC,
St. Thomas, N. D.

Bran Muffins

- 1 cup bran
- 1 cup milk
- 1 egg
- 1 cup whole wheat flour
- ¼ cup oil
- ¼ cup molasses
- 3 tsps. baking powder
- ½ tsp. salt
- 1 cup raisins
- ¼ tsp. baking soda

Mix bran with milk and egg. Let stand 10 minutes. Add everything else and put into muffin pan that has been well greased. Bake at 375° F. for 20 minutes. Serves 12.

Supervisor Rick Thomas Loncarich, CLU,
Foresthill, Calif.

Crepes

- 4 eggs
- 2 tbsps. oil
- ½ tsp. salt
- 1⅓ cups milk
- 1 cup flour

Beat eggs slightly. Add remaining ingredients and beat until smooth. Heat fry pan and grease pan lightly before each crepe. Pour ¼ cup batter into pan and tilt pan until batter covers the bottom. When crepe is set, turn over and brown lightly. Fill crepe with cream cheese or fruit.

Deputy Florence E. Zagorski,
Stevens Point, Wis.

Georgia Sally Lunn

- ½ cup butter
- ½ cup sugar
- 3 eggs
- 1 cup milk
- 2 cups flour
- 4 tsps. baking powder
- ½ tsp. salt

Cream butter and sugar well. Add eggs one at a time, then milk. Add dry ingredients, mix well. Put in greased pan. Bake at 425° F. for 20 to 25 minutes. Should be about 1-inch thick. (A light, fluffy breakfast cake. Serve with butter as with cornbread.)

Deputy Duane D. Long,
Foresthill, Calif.

Pineapple Zucchini Bread

3 eggs
1 cup oil
2 tsps. vanilla
2 cups sugar
1 tsp. baking powder
1 tsp. salt
1 tsp. baking soda
3 cups flour
1 cup crushed pineapple, drained
½ cup raisins, ground
1 cup chopped nuts
3 cups zucchini, grated and drained

In large mixing bowl, beat eggs, oil, vanilla, and sugar until light. Add baking powder, salt, baking soda, and flour, mix well. Add pineapple, raisins, nuts, and zucchini, mix thoroughly. Fill bread pans ¾ full and bake 1½ hours at 325° F. Recipe can be tripled for freezing loaves. Makes 3 loaves.

Supervisor Vera Marie Roote,
Dearborn Heights, Mich.

Special Strawberry Bread

3 cups flour
1 tsp. baking soda
1 tsp. cinnamon
2 cups sugar
1 tsp. salt
2 10-oz. pkgs. frozen strawberries
1¼ cups salad oil
4 eggs, well-beaten
1 tsp. red food coloring

Sift dry ingredients together into a bowl. Make a well. Add strawberries, juice and all; oil; and eggs. Mix well by hand. Stir in food coloring. Spoon into 2 greased and floured loaf pans. Bake at 350° F. for 1 hour. Cool on rack before removing from pans.

Deputy Velma Leota Stoltz,
Curlew, Iowa

Almart Lodge Pancakes

2 eggs
3 cups buttermilk
2 tbsps. sugar
½ cup oil
½ tsp. salt
¼ cup corn meal
1 cup white flour
1 cup stone ground whole wheat flour
2 tsps. baking soda
Water (approx. ½ cup)

Mix together all ingredients and add water to consistency desired. This can be made into a pre-mixed pancake mix by using powdered buttermilk. Then only eggs, oil, and water need be added when ready to use. Great for camping!

Deputy Fern P. Carlson,
Wolf Point, Mont.

Tea Biscuits

1 cup margarine
3 cups flour
4 tsps. baking powder
½ tsp. nutmeg
1 cup raisins
1 tsp. vanilla
1 egg, beaten
⅔ cup milk
Sugar

Mix first four ingredients as for pie crust. Plump raisins in small amount of hot water, pour off excess water. Add raisins, vanilla, egg, and milk to dry mixture. Roll out and cut 3/8-inch thick. Sprinkle with sugar and bake at 350° F. for 8-10 minutes. These are quick to fix and good any time of day.

Supervisor Carol Ann Small,
Fennimore, Wis.

New Zealand Shortbread

½ lb. butter (do not substitute margarine)
½ cup sugar
2½ cups flour
1 tbsp. corn flour (cornstarch)

Mix butter and sugar until creamy. Add sifted flour and corn flour. Knead well. Roll out ¼ to ½-inch thick. Cut into squares. Bake on greased cookie sheet at 300° F. for 20 minutes. (These delicious cookies were served to a friend of mine while they were visiting a sheep station in New Zealand. The hostess graciously gave her the recipe.)

Deputy Charlotte M. Fichtel,
Aurora, Ill.

Date Nut Bread

1 pkg. dates
2 tsps. baking soda
2 cups boiling water
½ cup shortening
2 cups sugar
2 eggs
¼ tsp. salt
4 cups flour
½ cups nuts

Mix dates, baking soda, and water. Let date mixture stand while combining remaining ingredients. Add date mixture alternately with flour mixture. Fill cans ½ full. Bake for 50 minutes at 350° F. Makes six 1-lb. cans.

Deputy Florence Ross,
Roanoke, Ind.

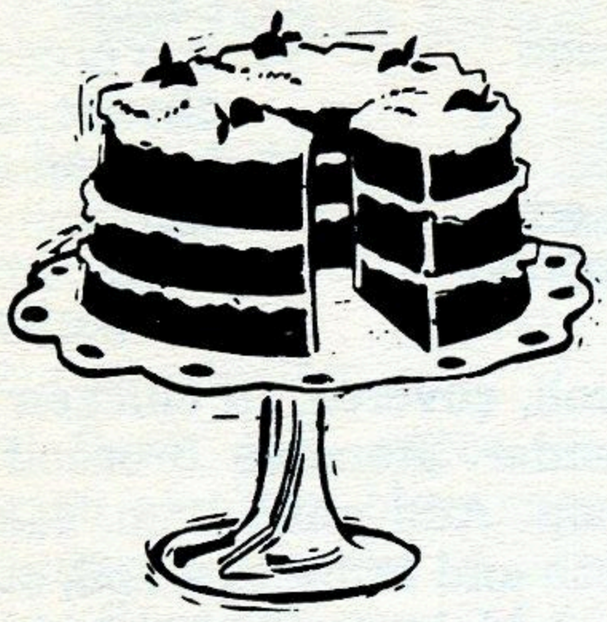
Zucchini Bread

3 eggs
1 tbsp. vanilla
2 cups sugar
1 cup oil
1 cup raisins
1 cup nuts
3 cups flour
1 tsp. salt
1 tsp. baking soda
3 tsps. cinnamon
1 tsp. baking powder
2 cups zucchini, grated

Mix all ingredients together. Bake at 325° F. for 1 hour. Makes 2 loaves.

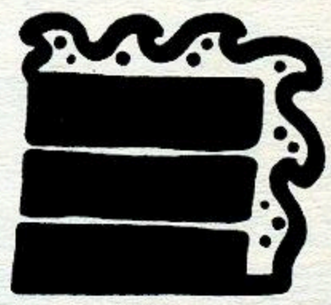
Deputy Leah Marie Ottenbacher,
Miller, S. D.

Cakes and Frostings



A Morsel for the Mind

She measured out the butter with a very solemn air,
The milk and sugar also, and she took the utmost care
To count the eggs correctly and to add the little bit
Of baking powder which, you know, beginners all omit.
Then she mixed them all together, and she baked it for an hour,
But she never quite forgave herself for leaving out the flour!



Gingerbread

2½ cups flour
1½ tsps. baking soda
1 tsp. cinnamon
1 tsp. ginger
½ tsp. ground cloves
¼ tsp. salt
1 cup molasses
½ cup oil
1 cup hot water
Cream Cheese Frosting

Mix flour, baking soda, cinnamon, ginger, cloves, and salt in an 8 or 9-inch square pan with a fork. Add molasses, oil, and water. Thoroughly blend all ingredients with a fork. Bake in a preheated 350° F. oven for 35-40 minutes or until pick inserted in center comes out clean and cake pulls away from sides of pan. Cool in pan on rack. Spread with Cream Cheese Frosting. Makes 9 servings.

Cream Cheese Frosting

1 3-oz. pkg. cream cheese, softened
1½ cups confectioners' sugar
1 tsp. vanilla

Cream cheese with wooden spoon. Gradually blend in sugar; stir in vanilla.

Supervisor Delores Mae Bean,
Hallock, Minn.

Oatmeal Banana Cupcakes

½ cup sugar
½ cup butter or margarine
2 eggs
3 bananas, mashed
¾ cup honey
1½ cups flour
1 tsp. baking powder
1 tsp. baking soda
¾ tsp. salt
1 cup quick cooking oats

Cream sugar and butter. Beat in eggs, bananas, and honey. Stir in flour, baking powder, baking soda, and salt, just until blended. Stir in oats. Fill 24 paper-lined muffin cups. Bake at 375° F. for 18-20 minutes.

Deputy Marlys Jane Olson,
Harvey, N. D.

Overnight Coffee Cake

⅔ cup margarine
1 cup sugar
½ cup brown sugar, packed
2 eggs, well beaten
2 cups flour, unsifted
1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. salt
1 cup buttermilk
Topping

Cream together margarine, sugar, and brown sugar, add the beaten eggs. Stir remaining ingredients into the mixture. Pour into greased and floured 9 x 13-inch pan. Prepare topping and sprinkle evenly over top of batter. Keep in refrigerator overnight. Bake at 350° F. for 40 minutes.

Topping

½ cup brown sugar
½ tsp. cinnamon
¼ tsp. nutmeg
½ cup nuts, chopped

Mix all ingredients together.

Deputy Marth Ann Fincke,
Minneapolis, Minn.

Petite Cherry Cheesecake

2 8-oz. pkgs. cream cheese, soft
¾ cup sugar
2 eggs
1 tbsp. lemon juice
1 tsp. vanilla
15-18 vanilla wafers
1 can cherry pie filling

Line muffin tins with cupcake liners. Place a vanilla wafer in each cup. Cream the cheese well. Mix all ingredients until well-blended. Fill each cup with mixture to about ¾ full. Bake at 350° F. for 15 minutes. Let cool. Before serving, put 1 teaspoon of cherry pie filling in the center. (When tarts cool, they will "fall" leaving a low spot in the center for filling.)

Supervisor Kathryn A. Russell,
Newman Lake, Wash.

Chocolate Shortcake

2 cups flour
2 cups sugar
1 stick oleo
3½ tbsps. cocoa
1 cup water
½ cup shortening
½ cup buttermilk
1 tsp. baking soda
2 eggs, unbeaten
1 tsp. vanilla

Icing

Mix flour and sugar in a bowl. In saucepan combine oleo, cocoa, water, and shortening, let come to a boil then pour over the flour and sugar. Add remaining ingredients and beat. Grease and flour pan and bake at 350° F. for 30 to 35 minutes. Start making icing when cake comes out of oven.

Icing

1 stick oleo
3½ tbsps. cocoa
⅓ cup milk
1 box powdered sugar
1 tsp. vanilla
½ cup chopped nuts

Cook oleo, cocoa, and milk over low heat, BUT DO NOT BOIL. Remove from heat. Stir in powdered sugar, vanilla, and nuts. Beat until smooth and pour over warm cake.

Supervisor Luella Jeanne Heath, FIC,
Newport, Ore.

Quick Rhubarb Cake

1½ cups brown sugar
½ cup shortening
1 egg
1 cup buttermilk
2 cups flour
1 tsp. baking soda
3 cups rhubarb, cut in small pieces
⅓ cup brown sugar
1 tsp. cinnamon

Mix together 1½ cups brown sugar, shortening, egg, buttermilk, flour, baking soda, and rhubarb. Pour into a 9 x 13-inch baking pan. Mix ⅓ cup brown sugar and cinnamon and sprinkle on top of batter. Bake at 325° F. for 45 minutes.

Deputy Edna M. Haines,
Taylorville, Ill.

Penuche Frosting

2 cups brown sugar
½ cup milk
½ cup shortening
¼ tsp. salt

Combine all ingredients and stir over low heat. Bring rapidly to a boil, stirring constantly. Boil 1 minute. Remove from heat. Beat until lukewarm and spread on cake.

Deputy Monna Lou Leach, FIC,
Glyndon, Minn.

Black Bottom Cupcakes

1 cup cream cheese (8 ozs.)
1 egg, unbeaten
⅓ cup sugar
Dash salt
1 cup chocolate chips
1½ cups flour
1 cup sugar
¼ cup cocoa
1 tsp. baking soda
½ tsp. salt
1 cup water
⅓ cup salad oil
1 tbsp. vinegar
1 tsp. vanilla
Sugar
Nuts

Combine in a small bowl cream cheese, egg, ⅓ cup sugar, and dash salt. Stir in chocolate chips. Sift together flour, 1 cup sugar, cocoa, baking soda, and ½ tsp. salt. Add water, salad oil, vinegar, and vanilla. Beat well. Fill muffin tins with cupcake papers and then fill ⅓ full of batter. Top each with a heaping teaspoonful of cream cheese mixture. Sprinkle with sugar and nuts. Bake at 350° F. for 30 to 35 minutes or until done.

Deputy Debra Jean Nulph,
Post Falls, Idaho

Sour Cream Coffee Cake

4 eggs
1 cup sugar
1 tsp. vanilla
2 cups sour cream
1 cup butter, melted and cooled
2 cups unsifted flour
2 tsps. baking powder
2 tsps. baking soda
1 tsp. salt
Nut Mixture

Beat eggs until frothy; add sugar and vanilla and beat smooth. Add sour cream and butter. Sift in flour, baking powder, baking soda, and salt and beat until just smooth. Place half in a 13 x 9 x 2-inch pan, add half of nut mixture, add rest of batter, and top with rest of nut mixture. Bake at 375° F. for 35 to 40 minutes. Test with toothpick.

Nut Mixture

1 cup sugar
1 tbsp. cinnamon
½ cup chopped nuts

Mix all ingredients together.

Deputy Betty Lou Fry,
La Porte, Ind.

Caramel Frosting

1½ cups brown sugar
½ cup cream
2 tbsps. margarine
1 tsp. vanilla

Mix brown sugar, cream, and margarine. Cook to soft ball, add vanilla. Cool and beat until creamy. Spread on cool cake.

Supervisor Elynor M. Bennett,
Jennings, Kan.

Carrot Zucchini Cake

3 cups flour
2 cups sugar
1½ cups chopped walnuts
1½ tsps. ground cinnamon
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
1 16-oz. can crushed pineapple
1 cup shredded carrots
1 cup shredded zucchini
4 eggs
2 tsps. vanilla
1 cup oil
Glaze

Mix flour, sugar, nuts, cinnamon, baking powder, baking soda, and salt. Drain pineapple, reserve juice for glaze. Beat pineapple, carrots, zucchini, oil, eggs, and vanilla. Add to flour mixture and stir. Pour mixture into 10-inch or 12-inch loaf pan or make like cupcakes in muffin tin. Bake at 350° F. for 1 hour or until done. Drizzle with Glaze.

Glaze

1 cup powdered sugar
2 tbsps. pineapple juice

Mix sugar and pineapple juice until smooth.

Deputy Hazel L. Shintani,
Boise, Idaho

Texas Cake

2 cups flour
2 cups sugar
½ tsp. salt
1 tsp. baking soda
2 eggs
½ cup sour cream
2 sticks margarine
1 cup water
4 tbsps. cocoa, heaping
Frosting

Mix together flour, sugar, salt, and baking soda. Mix eggs and sour cream and add to dry ingredients. Boil margarine, water, and cocoa. Add to other ingredients and mix. Pour into greased cookie sheet and bake at 350° F. for 20 minutes or use a 9 x 13-inch pan and bake at 350° F. for 30 minutes.

Frosting

1 stick margarine
6 tbsps. milk
4 tbsps. cocoa, heaping
1 box powdered sugar
1 tsp. vanilla
Nuts

Boil margarine, milk, and cocoa. Add powdered sugar and vanilla. Frost cake while still warm. Top with nuts.

Deputy Marta J. Robertson,
Stillman Valley, Ill.

Cookie Sheet Cake

2 cups flour
2 cups sugar
1 tsp. baking soda
½ cup buttermilk
1 tsp. vanilla
2 sticks oleo
1 cup hot water
4 tbsps. cocoa
2 eggs
Frosting

In a bowl combine flour, sugar, and baking soda. Set aside. In a pan combine oleo, water, and cocoa, bring to a boil. Pour over dry ingredients and mix. Add buttermilk, eggs, and vanilla. Mix well. Bake in an ungreased 12 x 18-inch cookie sheet at 350° F. for 25 minutes.

Frosting

1 stick oleo
6 tbsps. milk
6 tbsps. cocoa
1 box powdered sugar
1 tsp. vanilla
1 cup chopped nuts

In a pan melt oleo, milk, and cocoa. After melted, add powdered sugar, vanilla, and nuts. Frost after 15 minutes.

Supervisor Vera Marie Roote,
Dearborn Heights, Mich.

Sour Cream Coffee Cake

¼ cup butter
1 cup sugar
2 eggs
2 cups flour
1 tsp. baking soda
1 tsp. baking powder
¼ tsp. salt
1 tsp. vanilla
1 cup sour cream
Nut Mixture

Cream butter and sugar well. Add remaining ingredients and mix well. Pour ½ the batter into a greased angel food pan. Sprinkle ½ the Nut Mixture over the batter then pour remaining batter in. Top with remaining Nut Mixture. Bake at 350° F. for 45 minutes to 1 hour.

Nut Mixture

¼ cup sugar
½ cup chopped nuts
1 tsp. cinnamon

Mix all ingredients together.

Supervisor Mary S. Hardy,
Sergeant Bluff, Iowa

Peanut Butter Frosting

2 cups powdered sugar
¼ cup milk
¼ cup butter or margarine
½ cup peanut butter
1 tsp. vanilla

Combine all ingredients and beat until smooth and creamy. Makes enough frosting to cover a 9 x 13-inch cake.

Deputy Cheryl Ann Pink,
Mineral Point, Wis.

Fruit Cake

- 3 9½-oz. pkgs. dates, chopped
- 1 lb. candied pineapple, cut up
- ½ lb. whole green candied cherries
- ½ lb. whole red candied cherries
- 1 lb. Brazil nuts
- 1 lb. pecan halves
- 2 cups flour
- 2 tsps. baking powder
- ½ tsp. salt
- 4 eggs
- 1 cup sugar

Grease pans and line with waxed paper, then grease again. Combine dates, pineapple, and cherries in a large bowl. Sift dry ingredients over fruit, mixing well with fingers. Repeat so that all are well coated. Beat eggs until frothy. Add sugar, beat until blended. Add to fruit mixture. Mix well, add nuts and mix. Pack into pans pressing down with fingers. Bake at 275° F. for 1½ hours. Remove from pans and carefully peel off paper. Cool cake. Makes 3 or 4 loaves.

Mrs. Vesta M. McCready, FIC,
Supreme Director,
Kansas City, Mo.

Heath Bar Cake

- 2 cups flour, sifted
- 2 cups brown sugar
- ½ cup butter
- 1 cup buttermilk
- 1 tsp. baking soda
- 1 tsp. vanilla
- 6 1 1/8-oz. Heath bars, crushed
- ⅓ cup nuts

Mix flour, brown sugar, and butter together like a pie crust, reserve ½ cup for topping. Mix buttermilk, baking soda, and vanilla with dry mixture in a 9 x 13-inch pan. Put reserved ½ cup topping over mixture, then cover with crushed Heath bars. Top with the nuts. Bake at 350° F. for 30 minutes.

Miss Patricia Timm,
Deputy Supreme Oracle,
Rock Island, Ill.

Chocolate Frosting

- 1½ cups sugar
- ¼ cup margarine
- 6 tbsps. milk
- 1 tsp. vanilla
- ⅔ cup chocolate chips

Mix sugar, margarine, and milk. Boil 1 minute. Remove from heat and add vanilla and chocolate chips. Beat with a mixer until chips are melted and frosting is of spreading consistency. Do not overbeat.

Deputy Bertha Ruth Stinar,
East Grand Forks, Minn.

Cherry Ice Box Cake

- 2 pkgs. Dream Whip
- 1 tsp. vanilla
- 1 cup cold milk
- 1 8-oz. pkg. cream cheese, softened
- 1 cup powdered sugar
- 1 angel food cake
- 1 can cherry pie filling

Whip together Dream Whip, vanilla, and milk. Beat together cream cheese and powdered sugar. Fold into Dream Whip. Cut cake into 4 slices crosswise. Use ½ the cake and cover an 11 x 14-inch pan. Cover cake with ½ Dream Whip mixture. Use the rest of the cake broken into 1-inch pieces. Layer broken pieces in pan. Pour remaining Dream Whip mixture over broken layer. Top with pie filling. Chill overnight.

Deputy Ruth J. Nearmyer, FIC,
Denison, Texas

Minute-Boil Fudge Frosting

- 2 ozs. chocolate, finely cut
- 1½ cups sugar
- 7 tbsps. milk
- 2 tbsps. Crisco
- 2 tbsps. butter
- 1 tbsp. light corn syrup
- ½ tsp. salt
- 1 tsp. vanilla

Place all ingredients except vanilla in a heavy saucepan. Bring slowly to full rolling boil, stirring constantly. Boil briskly 1 minute. (On a very humid day boil 1½ minutes.) Cool to lukewarm. Add vanilla and beat until thick.

Deputy Vera Fraser,
White Hall, Ill.

Texas Whopper Cake

- 2 cups sugar
- 2 cups flour
- ½ tsp. salt
- 2 cubes butter
- 1 cup water
- 4 tbsps. cocoa
- ½ cup sour cream
- 1 tsp. baking soda
- 2 eggs
- Butter Nut Frosting

Mix sugar, flour, and salt in a large bowl. Bring to a boil in saucepan butter, water, and cocoa. Add to dry ingredients. Mix well, then add sour cream and baking soda. Add eggs one at a time, mixing well. Bake in a jelly roll pan at 375° F. for 20-25 minutes.

Butter Nut Frosting

- 2 cubes butter
- 6 tbsps. canned milk
- 4 tbsps. cocoa
- 1 tsp. vanilla
- 1 box powdered sugar
- 1 cup chopped nuts

Bring butter, milk, and cocoa to boil then add vanilla, sugar, and nuts one at a time in that order. Mix well and frost cake immediately.

Deputy Sarah Alice Fowler, FIC,
Eugene, Ore.

Butter Cream Frosting

2 tbsps. flour
⅔ cup milk
½ cup butter or oleo
1 tsp. vanilla
⅓ cup white sugar
Food coloring

Blend flour and milk in small saucepan until smooth. Bring to a boil, stirring constantly. Cook for 2 minutes. Cool completely. Cream butter with vanilla. Add sugar gradually, continuing to beat until mixture is light and fluffy. Add cooled mixture, a tablespoon at a time, beating well after each addition. Continue beating for about 2 minutes until light and creamy. Add desired food coloring. Can be refrigerated until ready to use. Makes about 1½ cups of frosting.

Supervisor Roseline Marie Quinn,
Manistique, Mich.

Zucchini Cake

1¾ cups sugar
½ cup oleo
½ cup oil
2 eggs
1 tsp. vanilla
½ cup buttermilk
2 cups grated zucchini
2½ cups flour
4 tbsps. cocoa
1 tsp. baking powder
1 tsp. baking soda
½ tsp. cinnamon
½ tsp. cloves
½ cup chocolate chips
½ cup chopped nuts

Mix all ingredients except chocolate chips and nuts. Grease and flour a 9 x 12-inch pan. Pour batter into pan and sprinkle chocolate chips and nuts over top. Bake at 325° F. for 40-45 minutes.

Deputy Ruth E. Buntrock, FIC,
Gaastra, Mich.

Jell-O Frosting

1 egg white
⅔ cup sugar
1 3-oz. pkg. Jell-O
1 tsp. vanilla
½ cup boiling water

Combine egg white, sugar, Jell-O, and vanilla in a mixing bowl. Mix well. Add boiling water and beat with an egg beater or mixer until stiff peaks form, about 15 minutes. Makes about 4½ cups of frosting. Any flavor of Jell-O may be used depending on the color and flavor desired.

Supervisor Dorothy May Pontius,
Arkansas City, Kan.

Apple-Nut Cake

1½ cups oil
2 cups sugar
3 eggs
3 cups flour
½ tsp. salt
1 tsp. baking soda
2 tsps. vanilla
3 cups apples, peeled and chopped fine
1 cup black walnuts
1 cup raisins or dates
Topping

Set oven at 350° F. Grease and flour a Bundt pan. Cream oil, sugar, and eggs. Sift flour, salt, and baking soda. Add dry ingredients to oil mixture. Add remaining ingredients. Pour into pan and bake 1½ hours. Cool 10 minutes before removing from pan.

Topping

1 stick margarine
1 cup brown sugar
¼ cup evaporated milk

Stir all ingredients until well mixed. Boil for 3 minutes. Cool. Beat until spreading consistency. Put on cooled cake.

Deputy Frances Gosney Hoover,
Kansas City, Mo.

German Oat Cake

1¼ cups boiling water
1 cup cooking oats
½ cup butter or margarine
1 4-oz. bar German sweet chocolate, broken up
1½ cups flour
1 cup sugar
1 tsp. baking soda
½ tsp. salt
1 cup brown sugar
3 eggs

Into boiling water pour the oats, butter, and chocolate; stir until melted. Set aside for 20 minutes. In a mixing bowl, put flour, sugar, baking soda, and salt. Add brown sugar and eggs. Mix until well-blended. Add the oatmeal mixture and beat until just combined. Pour into greased and floured 9 x 13-inch pan. Bake at 350° F. for 35-40 minutes.

Deputy Norman Stanley Ott,
Irby, Wash.

Choco Blend Frosting

1 cup granulated sugar
3 sqs. chocolate, cut up
⅔ cup evaporated milk
Pinch salt

Put sugar into a blender and blend for 1 minute. Add chocolate, evaporated milk, and salt. Blend 3 minutes. Chill in refrigerator to keep firm.

Deputy Marta J. Robertson,
Stillman Valley, Ill.

Cakes and Frostings . . .

Oatmeal Cake

- 1 cup oatmeal
- 1¼ cups boiling water
- 1 cup brown sugar
- 1 cup sugar
- ½ cup shortening or margarine
- 2 eggs, beaten
- 1⅓ cups flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. cinnamon
- Brown Sugar Topping

Combine oatmeal and water and set aside for 20 minutes. Cream together brown sugar, sugar, shortening, and eggs. Sift together flour, salt, baking soda, and cinnamon and add to creamed mixture. Add oatmeal and beat well. Bake at 350° F. for 35-40 minutes. About 5-10 minutes before cake is done, make Brown Sugar Topping.

Brown Sugar Topping

- 1 cup brown sugar, packed
- 1 stick butter or margarine
- ¼ cup evaporated milk
- Dash salt
- 1 cup coconut
- 1 cup chopped nutmeats

Combine brown sugar, margarine, milk, and salt in a saucepan and bring to a boil. Boil until golden brown and slightly thickened. Add coconut and nutmeats. Pour over cake and place under broiler until light brown and bubbly. BE CAREFUL NOT TO BURN.

Deputy Thelma M. Thomas,
Kalamazoo, Mich.

Coffee Cake

- 1 cup sugar
- 2 cups flour
- ½ tsp. salt
- 2 tsps. baking powder
- ½ cup butter or oleo
- 2 eggs
- Milk
- 1 can blueberry or cherry pie filling
- Topping

Sift together sugar, flour, salt, and baking powder. Cut in butter. Break eggs into a measuring cup and add enough milk to make 1 cup. Add to flour mixture and stir. Spread in a greased jelly roll pan. Cover with can of pie filling. Top with topping mixture. Bake at 400° F. for 25 minutes.

Topping

- ¾ cup sugar
- 1 cup flour
- ½ cup butter or oleo
- ½ to ¾ tsp. cinnamon

Mix all ingredients together.

Deputy Kathryn Irene Walstra,
Sharon, Wis.

Ugly Duckling Cake

- 1 pkg. yellow cake mix (2 layer size)*
- 1 16-oz. can fruit cocktail
- 1½ cups coconut
- 2 eggs
- ½ cup firmly packed brown sugar
- Frosting

Combine cake mix, fruit, coconut, and eggs in large mixer bowl. Blend or beat at medium speed for 2 minutes. Pour into greased 9 x 13-inch pan. Sprinkle with brown sugar. Bake at 325° F. for 45 minutes or until cake springs back when lightly touched.

* If using cake mix with pudding included add 3 eggs and ⅓ cup oil.

Frosting

- ½ cup butter or margarine
- ½ cup sugar
- ½ cup evaporated milk
- 1 cup coconut

Bring butter, sugar, and milk to boil, boil 2 minutes. Remove from heat, stir in coconut. Spoon over warm cake.

Deputy Alice Marie Kimber,
Edmonds, Wash.

Fig Cake

- 4 eggs
- 1 cup sugar
- 1½ sticks oleo, melted
- 4½ cups flour
- 1 qt. fig preserves
- 2 tsps. baking soda
- 1½ tsps. cinnamon
- 1½ tsps. pumpkin pie spice

Put fig preserves in blender until smooth. Mix sugar and melted oleo until smooth, add eggs one at a time. Add blended fig preserves and stir until well mixed. Add dry ingredients a little at a time until well blended. Pour into greased and floured 10 x 14-inch flat cake pan. This cake doesn't rise up much, maybe 1½ inches. The longer it keeps the moister it gets.

Supervisor Bettie Joyce Williams, FIC,
Houston, Texas

Never-Fail Fudge Frosting

- 1½ cups sugar
- 6 tbsps. milk
- 6 tbsps. oleo
- 1 6-oz. pkg. chocolate chips
- 1 tsp. vanilla

Mix sugar, milk, and oleo. Bring to a rolling boil, then boil for 30 seconds. Add chips and vanilla. Stir until chips are melted and spread on cake or bars. Any flavor of chips may be used. This recipe can also be used to make fudge. Makes enough frosting for a 10 x 15-inch pan.

Deputy Olive Charlotte Cook,
Park River, N. D.

Coffee Cake

- 3 cups flour
- 4 tsps. baking powder
- 1 ¾ cups sugar
- ¼ tsp. salt
- 2 eggs with enough milk to make 1 cup
- 1 cup milk
- 1 cup brown sugar
- 2 tsps. cinnamon
- 1 stick butter or margarine, melted

Mix flour, baking powder, sugar, salt, eggs, and milk in a large bowl. Pour into a greased 9 x 13-inch pan. Combine brown sugar and cinnamon and sprinkle over top of cake mixture. Bake at 350° F. for 25 to 30 minutes. Pour melted butter or margarine over cake when it is removed from oven. (Raisins, nutmeats, or apples may be added for variation.)

Supervisor Carol Ann Small,
Fennimore, Wis.

Pineapple Sheet Cake

- 2 eggs
- 2 cups sugar
- 2 cups flour
- 1 tsp. vanilla
- ½ tsp. salt
- 2 tsps. baking soda
- 1 No. 2 can crushed pineapple with juice
- 1 cup chopped pecans

Icing

Combine all ingredients and mix well. Pour into a 9 x 13-inch pan. Bake at 350° F. for 35-40 minutes.

Icing

- 1 8-oz. pkg. cream cheese
- 1 ¼ sticks oleo
- 1 box powdered sugar
- ½ cup chopped pecans
- 1 tsp. vanilla

Mix all ingredients well and spread on cooled cake.

Deputy Mina Rose Hunt,
Oakland, Ill.

Chocolate Frosting

- 1 6-oz. pkg. semi-sweet chocolate pieces
- ¼ cup butter or margarine
- ½ cup dairy sour cream
- 1 tsp. vanilla
- ¼ tsp. salt
- 2 ½ to 2¾ cups sifted powdered sugar

In saucepan melt chocolate pieces and butter or margarine over low heat. Remove from heat, blend in sour cream, vanilla, and salt. Gradually add powdered sugar, beating until frosting is of spreading consistency.

Deputy Hattie Mae Elledge,
El Cerrito, Calif.

Frosting And Filling

- 1 6-oz. pkg. semi-sweet chocolate morsels
- ½ cup milk
- 16 marshmallows (¼ lb.)
- 1 cup heavy cream, whipped

Melt chocolate morsels, milk, and marshmallows in top of a double boiler over hot water. Remove from heat. Chill well. Fold in the whipped cream. Yield: 3½ cups.

Deputy Monna Lou Leach, FIC,
Glyndon, Minn.

Mom's Best Applesauce Spice Cake

- 3 eggs, slighty beaten
- ½ cup butter
- 1 cup sugar
- 1 cup unsweetened applesauce
- 2 cups sifted flour
- 1 tsp. baking soda
- ½ tsp. nutmeg
- 1 tsp. cinnamon
- ½ cup chopped nuts
- ½ cup Maraschino cherries, optional
- 1 cup chopped raisins or dates

Mix eggs, butter, sugar, and applesauce well. Sift flour, baking soda, nutmeg, and cinnamon together 5 times. Add to applesauce mixture and blend well. Add nuts, cherries, and raisins or dates. Bake at 350° F. for 1 hour in a well-greased bread loaf pan.

Supervisor Susan Grace Paananen,
Irrigon, Ore.

Easy Penuche Frosting

- ½ cup melted margarine
- 1 cup brown sugar
- ¼ cup milk
- 1 ½ to 2 cups powdered sugar
- ½ tsp. vanilla

Mix margarine and brown sugar. Boil over low heat 2 minutes. Add milk. Bring to a boil again. Cool to lukewarm. Add powdered sugar and vanilla, beat until thick.

Supervisor Colleen E. Stagner,
Wichita, Kan.

Jell-O Cake

- 1 cake mix or scratch cake
- 1 pkg. strawberry Jell-O
- 1 cup hot water
- Cool Whip

Bake cake from a mix or from scratch using a 9 x 13-inch pan. When it is done, punch holes in it. Make Jell-O using only 1 cup hot water. Pour Jell-O over cake. When cake cools, frost with Cool Whip. Chill and serve with fruit if desired.

Deputy Ruth Harmon Rodgers,
Redondo Beach, Calif.

Applesauce Cake

1 cup sugar
½ cup butter
2 eggs
1 cup hot applesauce, unsweetened
¼ tsp. salt
½ tsp. cinnamon
½ tsp. cloves
1 tsp. vanilla
½ tsp. baking soda
1 tsp. baking powder
½ cup raisins
½ cup walnuts
1¾ cups flour

Add baking soda to applesauce. Cream butter, add sugar and blend well. Add beaten eggs and applesauce. Rub raisins with a little flour. Add remaining ingredients. Bake at 325° F. for about 1 hour.

Deputy Emelia Helland,
Maple Grove, Minn.

Coffee Cake

1 cup sugar
4 eggs
1 cup oil
2 cups flour
1 tsp. baking powder
Pie filling

Mix together sugar, eggs, oil, flour, and baking powder. Spread half of mixture into a greased 9 x 13-inch pan. Spread 1 can of any flavor pie filling over this evenly. Spread remaining batter over filling. Sprinkle with sugar. Bake at 350° F. for 30 minutes. If desired, drizzle powdered sugar frosting over top while warm. Serves 12.

Deputy Patricia M. Mares,
Watkins, Minn.

How To Bake A Cake

"Light oven, get out bowl, spoons, and ingredients. Grease pan, crack nuts. Remove 18 blocks and 7 toy autos from kitchen table.

"Measure 2 cups of flour, remove Johnny's hands from flour, wash flour off him. Measure one more cup of flour to replace flour on floor.

"Put flour, baking powder and salt in sifter. Get dustpan and brush up pieces of bowl which Johnny knocked on floor. Get another bowl. Answer doorbell.

"Return to kitchen. Remove Johnny's hands from bowl. Wash Johnny. Get out egg. Answer phone. Return. Take out greased pan. Remove ¼ inch salt from pan. Look for Johnny. Get another pan and grease it. Answer telephone.

"Return to kitchen and find Johnny; remove his hands from bowl; wash shortening, etc., etc., etc., off him. Take up greased pan and find ¼ inch layer of nutshells in it. Head for Johnny, who flees knocking bowl off table.

"Wash kitchen floor. Wash table. Wash walls. Wash dishes. Call the baker. Lie down."--Author Unknown.

Mrs. Vesta M. McCready, FIC,
Supreme Director,
Kansas City, Mo.

Easy Chocolate Pudding Fudge Frosting

1 pkg. chocolate pudding
¼ cup milk
¼ cup margarine
1 cup powdered sugar
½ tsp. vanilla

Combine pudding mix, milk, and margarine. Bring to a boil, stirring constantly. Boil 1 minute. Cool. Blend in powdered sugar and vanilla.

Supervisor Colleen E. Stagner,
Wichita, Kan.

Creamy Brown Sugar Frosting

3 cups brown sugar (1 box)
1½ cups sweet cream

Mix brown sugar and cream together in saucepan. Bring to a rolling boil (heat about 5 minutes on high). Reduce heat to medium and cook 10 to 15 minutes, testing to soft ball stage. Cool. Beat until smooth and thick. If frosting gets too thick, add more cream.

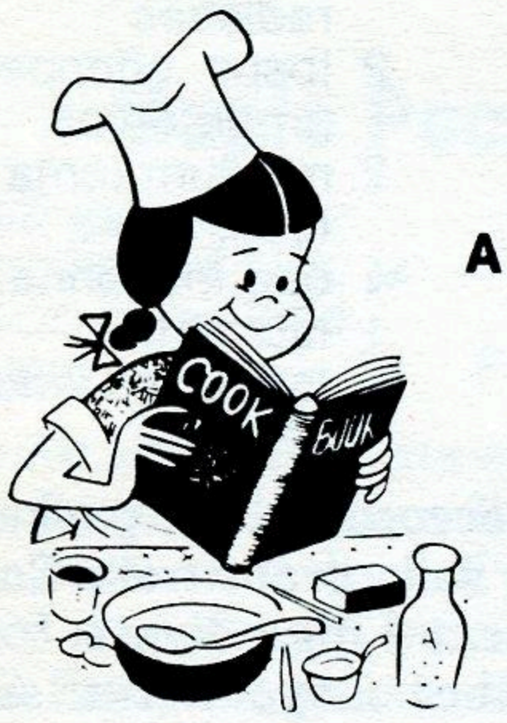
Supervisor Ricky Gauer Lewis,
Ipswich, S. D.

Orange And Lemon Icing

¾ cup sugar
2½ tbsps. cornstarch
¼ cup lemon juice
Grated rind of 1 lemon
½ cup orange juice
3 egg yolks
Dash salt
2 tbsps. butter
Whipped cream, optional

Mix all ingredients and beat well. Cook in double boiler until right consistency to spread. Makes a good filling for layer cakes. Can be topped with whipped cream for a luscious treat.

Deputy Barbara Cox Senter,
Fresno, Calif.



Candy

A Morsel for the Mind

"To bed, to bed," says Sleepy-head, "Let's tarry a while," says Slow, "I'll put on the pan," says Little Chef Nan, "we'll sup before we go!"

No-Bake Angel Delights

¼ cup butter
1 cup sugar
1 8-oz. pkg. dates, chopped
Dash salt
1 tsp. vanilla
2 cups crisp rice cereal
1 3½-oz. can flaked coconut
Powdered sugar

Mix butter, sugar, and dates in a heavy saucepan. Cook, stirring constantly, over low heat until blended. Add salt, vanilla, cereal, and coconut. Mix well. Form into balls about an inch in size and roll each ball in powdered sugar. Cool on waxed paper.

Deputy Robert D. Kasmerchak, Schofield, Wis.

Peanut Butter Buckeyes Candy

1 lb. margarine (can be half butter)
2 cups peanut butter, smooth
3 tsps. vanilla
2 lbs. powdered sugar
1 12-oz. pkg. semi-sweet chocolate bits
2 ozs. paraffin*

Cream margarine and peanut butter and beat until smooth. Add vanilla and powdered sugar. Mix well and chill. Roll into small balls the size of walnuts. Dip into coating chocolate with toothpick leaving enough of the top exposed to look like a buckeye.

To make coating chocolate: Melt chocolate bits and paraffin together over hot, not boiling water, in the top of a double boiler. Stir occasionally while in use. Never melt paraffin over direct heat. Makes 175 buckeyes.

* This is the kind of paraffin used in sealing jellies and jams. It comes packaged in bars or cakes.

Supervisor Bettie Joyce Williams, FIC, Houston, Texas

'O Henry' Bars

4 cups oatmeal
1 cup packed brown sugar
½ cup light corn syrup
1 cup butter or margarine
1 cup chocolate chips
½ cup peanut butter

Beat together oatmeal, brown sugar, corn syrup, and butter. Spread in a 9 x 13-inch pan. Bake 15-18 minutes in 350° F. oven. Melt chocolate chips with peanut butter. Spread on top.

Deputy Kathryn Irene Walstra, Sharon, Wis.

Twice-Cooked Divinity

2 cups sugar
½ cup corn syrup
½ cup water
Dash salt
2 egg whites, stiffly beaten
1 tsp. vanilla

Stir sugar into corn syrup, water, and salt until dissolved. Boil to medium-ball stage (240° F.). Slowly pour ⅓ of mixture over stiffly beaten egg whites, beating constantly. Cook remaining syrup to very hard-ball stage (265° F.). (To test, add several drops to water. Mixture will form a firm ribbon that bends when lifted from water.) Beat syrup into candy mixture; continue beating. When mixture holds its shape when dropped from spoon, add vanilla. Drop by teaspoonsful onto a greased cookie sheet. Swirl each piece to a peak. Double cooking takes longer, but it's a foolproof way to make fluffy divinity.

Supervisor Marilyn H. Tobin, Loveland, Colo.

Idiot's Delight

¼ lb. butter
1 cup graham cracker crumbs
1 6-oz. pkg. chocolate bits
1 6-oz. pkg. butterscotch bits
Nuts, chopped
Coconut
1 can condensed milk

Melt butter in 8 x 8-inch pan. When butter has melted, sprinkle graham cracker crumbs, chocolate and butterscotch bits, nuts, and coconut over butter. Add the can of condensed milk last, covering top all over. Bake at 350° F. for 25 to 30 minutes or until a golden brown on top. Cool and cut into squares. This is a very rich candy. Be sure to use condensed milk, not evaporated milk.

Deputy Joseph E. Williamson, Burlington, Wash.

Candy . . .

Maple Pecan Roll

1 cup cream or condensed milk
2 cups granulated sugar
1 cup brown sugar
½ cup white syrup
Pecan nutmeats

Cook all ingredients except nuts to soft-ball stage, stirring a little. Remove from fire, beat until cool. Turn out on pastry board dusted with powdered sugar. Knead until firm. Shape into a roll and cover exterior with pecan nutmeats. Chill. When firm, slice with a very sharp knife. Finely chopped pecan nutmeats can be worked through the candy while it is being kneaded. Or, instead of forming into a roll, beat the mixture and spread in a pan, then cover with pecan nutmeats.

Miss Priscilla Ann Curtis,
Supreme Director and Editor,
Rock Island, Ill.

'Mounds' Bars

2 cups crushed graham crackers
2 tbsps. sugar
½ cup melted butter
1 15-oz. can sweetened condensed milk
1 7-oz. pkg. coconut
Nuts, optional
1 7-oz. pkg. chocolate chips
1 tbsp. shortening

Mix graham crackers, sugar, and butter and place in a 9 x 13-inch or smaller pan. Bake at 350° F. for 5 minutes. Mix condensed milk, coconut, and nuts, if desired; spread over baked mixture. Bake 15 minutes. In double boiler, melt chocolate chips and shortening. Spread over baked mixture. Put in refrigerator for a few hours.

Deputy Louise Rose Kennedy,
Wabasha, Minn.

No-Fail Taffy

1 cup brown sugar
1 cup corn syrup
1 tsp. vanilla
1 tbsp. butter

Mix brown sugar and corn syrup. Boil over medium heat to 248° F. Remove from heat and add vanilla and butter. Mix well and pour into buttered pan. As soon as it is cool enough to handle, it can be pulled. It also can be refrigerated until later and then pulled.

Deputy Olive Charlotte Cook,
Park River, N. D.

Baked Honey Crunch

3 qts. popcorn
½ cup butter
1 cup light brown sugar
¼ cup honey
¼ tsp. salt
¼ tsp. baking soda
1 tsp. vanilla

Preheat oven to 250° F. Spread popcorn in a large buttered baking dish. Melt butter; stir in brown sugar, honey, and salt. Bring to a boil, stirring constantly. Boil for 5 minutes. Remove from heat. Add baking soda and vanilla. Slowly pour over popcorn mixture, mixing well. Bake about 1 hour, stir every 15 minutes. Remove from oven, cool, and store in an air-tight container.

Deputy Jean Spain,
Houston, Texas

'Babe Ruth' Bars

½ cup sugar
½ cup brown sugar
1 cup white syrup
1 cup chunky peanut butter
6 cups corn flakes
5 or 6 Hershey bars

Combine sugar, brown sugar, and white syrup and bring to a rolling boil. Remove from heat. Add peanut butter and stir until it melts. Pour mixture over corn flakes. Press into a 9 x 13-inch pan. Melt Hershey bars and spread over mixture.

Deputy Maurine Helen Hughes,
Grand Forks, N. D.

Chocolate Clusters

1½ lbs. bulk chocolate
1 can peanuts, walnuts, or pecans

Melt chocolate in heavy aluminum saucepan. Add nuts and stir until blended and mixture is very thick. Drop by tablespoons onto lightly greased cookie sheet. Cool. Note: Raisins or coconut may be used instead of nuts.

Deputy Carole Joyce Coholic,
Pittsburgh, Pa.

Fudge

2½ cups sugar
¾ cup milk
¼ cup light Karo syrup
2 sqs. unsweetened chocolate
3 tbsps. flour
Butter, size of an egg
1 cup chopped nutmeats

Mix flour with sugar, add rest of ingredients except nutmeats and butter. Cook until mixture forms soft ball in cold water. Add nutmeats and butter. Cool and beat.

Deputy Ruth Elizabeth Weiss,
Clarion, Iowa

Easy 'Heath' Bars

1 ¼ cups butter or oleo
1 ½ cups brown sugar
Soda crackers
1 12-oz. pkg. chocolate chips

Line jelly roll pan with foil. Line pan completely with soda crackers. Boil butter and brown sugar for 1 minute. Pour over crackers. Bake at 400° F. for 5 minutes. Immediately cover with chocolate chips and spread until smooth. Cool and cut or break into squares.

Supervisor Roseline Marie Quinn,
Manistique, Mich.

Louisiana Pralines

2 cups sugar
1 cup buttermilk
1 tsp. baking soda
Pinch of salt
2 tsps. butter or margarine
2½ cups pecan halves
1 tsp. vanilla
⅔ cup perfect pecan halves

In large kettle combine sugar, buttermilk, baking soda, and salt. Cook over high heat 5 minutes or to 210° F., being sure to stir frequently and scrape bottom and crevices of kettle. Add butter and 2½ cups pecans. Cook, stirring continuously and scraping bottom and sides of kettle until a little mixture in cold water forms very soft ball (about 5 minutes or to 250° F.). Remove from heat. Stand by while mixture cools slightly, just a minute or two. Then with spoon, beat until thickened and creamy; add vanilla. Drop immediately by tablespoon onto waxed paper, aluminum foil, or greased cookie sheet. Dot with perfect pecan halves.

Deputy Jean Spain,
Houston, Texas

Peanut Brittle

1 cup sugar
1 cup white syrup
2 cups raw peanuts
¾ tbsp. baking soda

Pre-measure baking soda. Cook syrup, sugar, and peanuts to hard-crack stage or until peanuts turn from white to light brown in color. Remove from heat, add baking soda immediately. Stir briskly and quickly pour onto buttered cookie sheet lengthwise. Do not smooth or spread. Cool.

Supervisor Marilyn H. Tobin,
Loveland, Colo.

Oven Caramel Corn

7 to 8 qts. popped corn
2 cups salted peanuts
1 cup brown sugar
1 cup sugar
1 cup butter
1 tsp. salt
½ cup white corn syrup
1 tsp. vanilla
1 tsp. butter flavoring
1 tsp. maple flavoring
1 tsp. baking soda

Place popcorn and nuts in a large container. In a saucepan, combine sugars, butter, salt, and flavorings. Bring to a boil. Boil 5 minutes, stirring occasionally. Remove from heat and add baking soda. Stir quickly. Pour over popcorn and mix. Place popcorn mix in large flat pans. Bake at 250° F. for 1 hour, stirring several times. Remove from oven and stir occasionally while mixture cools. Store in air-tight container. Makes 7 qts.

Deputy Dixie Mae Williams,
Choctaw, Okla.

THE TWENTY-THIRD POUND

(for your refrigerator door)

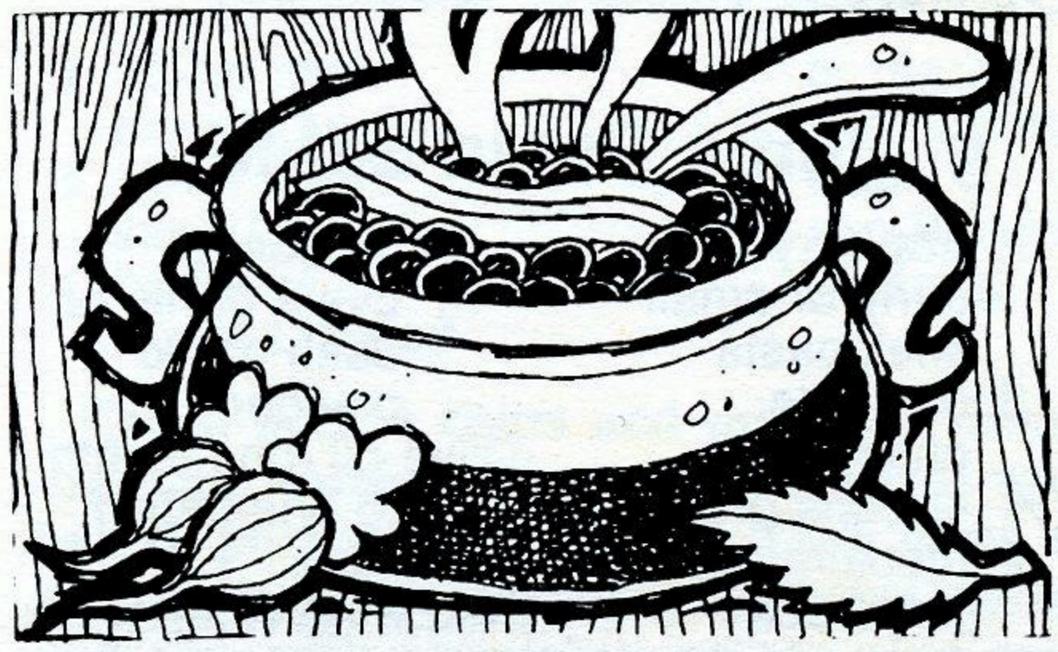
My appetite is my shepherd:
I shall always want.
It maketh me to sit down and
stuff myself.
It leadeth me to my refrigerator
repeatedly.
It leadeth me in the path of
"Burger King" for a whopper.
It destroyeth my shape.
Yea, though I knoweth I gaineth
I will not stop eating, for
the food tasteth so good.
The ice cream and cookies, they
comfort me.
When the table is spread before
me, it excites me, for
I knoweth that, soon I shall
dig in.
As I filleth my plate continuously, my clothes runneth
smaller.
Surely bulges and excess weight
shall follow me all the days
of my life and
I will be Fat Forever.

Murray McBride

Casseroles and One-Dish Meals

A Morsel for the Mind

Food imaginatively prepared and eaten in good company, warms the being with something more than mere intake of calories.



Breakfast Souffle

- 1½ lbs. bulk sausage, crumbled
- 10 eggs
- 3 cups milk
- 1½ tsps. mustard
- 1 tsp. salt
- 3 slices white bread, cubed
- 1½ cups grated cheese

Brown crumbled sausage, drain on paper towel. Mix all other ingredients with sausage. Pour into a greased 13 x 9-inch pan. Cover and refrigerate over night. Bake uncovered at 350° F. for 1 hour. Cut into squares. Serves 12.

Supervisor Jolene Mae Smith,
Atlantic, Iowa

Hawaiian Sausage Combo

- 1 15-oz. can pineapple chunks (juice pack)
- 1 16-oz. can sweet potatoes, sliced 1-inch thick
- 1 12-oz. pkg. fully-cooked smoked sausage
- 1 tbsp. brown sugar
- 2 tbsps. cornstarch
- ¼ tsp. salt
- 1 pkg. Schilling Sweet and Sour Sauce Mix (use ½ of it)
- ½ cup warm water
- 1 tbsp. butter or margarine

Drain pineapple, reserving juice. Add enough water to the juice to make 1 cup. Set aside. In crock pot place drained pineapple, sweet potatoes, and sausage that has been cut into chunks. In saucepan, stir together brown sugar, cornstarch, and salt. Blend in juice and cook. Stir until thick and bubbly. Add ½ pkg. sweet and sour mix that has been mixed with warm water. Cook and stir 1 minute more. Remove from heat and stir in butter. Pour this mixture over ingredients in crock pot. Cover and cook on high heat for 3 hours. Skim off fat, stir mixture and serve.

Deputy Alice Marie Kimber,
Edmonds, Wash.

Easy Swiss Steak

- 2 lbs. round steak
- 1 env. onion soup mix
- 1 large green pepper, sliced
- ½ lb. mushrooms, sliced
- 1 1-lb. can tomatoes
- Salt and pepper
- 1 tbsp. cornstarch
- 1 tbsp. steak sauce
- Chopped parsley

Pound steak to tenderize and cut into serving pieces. Grease center of heavy duty foil with margarine and place in shallow baking dish. Arrange steaks overlapping on foil. Drain tomatoes and reserve liquid. Sprinkle meat with soup mix, green pepper, mushrooms, and tomatoes. Season with salt and pepper. Mix ½ cup juice from tomatoes with cornstarch and steak sauce. Pour over meat. Bring up foil and fold edges to seal tightly. Bake at 350° F. for 2 hours. Sprinkle with parsley before serving.

Miss Carol S. Hicks,
Supreme Recorder,
Rock Island, Ill.

Irish Stew

- 1 lb. breast of mutton, gigot chops, or loin chops
- 2 lbs. potatoes
- 3 onions
- 1 cup water
- Salt and pepper

Cut the mutton into neat pieces, removing a little of the fat, if necessary. Peel the potatoes, and if large, cut into halves or quarters. Slice the onions thinly. Arrange all these layers in a stew pan, beginning and ending with potatoes, and sprinkling with salt and pepper between the layers. Pour the water over, and stew gently with the pan tightly covered until the potatoes are soft, about 1½ hours. Serve with potatoes around the dish and the meat in the center with the gravy poured over. Lamb may be substituted for the mutton.

Deputy Barbara Cox Senter,
Fresno, Calif.

Hamburger And Noodle Dish

- 1½ to 2 lbs. hamburger
- 1 16-oz. pkg. noodles
- 1 8-oz. pkg. cream cheese
- 1 can mushroom soup
- 1 can evaporated milk
- Stuffed olives, chopped (optional)
- Chow mein noodles

Fry hamburger. Cook noodles in water until done, drain. Add hamburger. Put in a cake pan. Mix cream cheese, soup, and milk. Heat until cheese melts. Add olives to meat and noodles. Pour soup mixture over meat and noodles. Stir. Place in 350° F. oven for 25 minutes. Put chow mein noodles on top and bake 5 minutes more. Yellow cheese can be used.

Deputy Donna Mae Lieser, FIC,
Eldora, Iowa

Parmesan Primavera

- 1 cup broccoli, cut into 1-inch pieces
- ½ cup mushroom slices
- 2 tbsps. margarine
- 7 ozs. fettuccine, cooked and drained
- 2 cups chopped tomatoes
- ½ to 1 cup grated Parmesan cheese
- ¼ tsp. oregano
- ¼ tsp. basil

Saute broccoli and mushrooms in margarine. Toss with fettuccine. Combine with remaining ingredients, heat thoroughly. Sprinkle with additional cheese.

Deputy Charles Stewart Curry,
Crawfordsville, Ind.

Chicken Casserole

- 1 8-oz. pkg. Pepperidge Farm Dressing
- ½ cup butter
- 1 cup chicken broth
- 1 whole chicken, diced
- 1 cup diced celery
- 1 cup diced onion
- 2 eggs
- 1½ cups milk
- Grated cheese

Melt butter and mix with dressing. Add chicken broth. Spread half of mixture in baking dish. Mix chicken, celery, and onion. Spread over dressing in baking dish. Spread rest of dressing over chicken. Mix eggs and milk, pour over top. Refrigerate overnight. Bake at 350° F. for 35 minutes. Put grated cheese over top and put back in oven for 15 minutes.

Deputy Grace M. Saxe, FIC,
Delta, Colo.

Reuben Casserole

- 1 12-oz. pkg. corned beef
- 1 16-oz. can sauerkraut
- ¼ lb. Swiss cheese, sliced
- or grated
- 1 pkg. potato chips
- ½ cup Russian dressing

Crush potato chips and mix with dressing. Line bottom of buttered casserole with half of potato chip mixture. Then layer all corned beef, sauerkraut, and Swiss cheese and top with remaining potato chip mixture. Bake at 350° F. for 45 minutes (uncovered). Reheatable. Serve with rye bread.

Deputy Ardell E. Nickels,
Chicago, Ill.

Sweet-And-Sour Pork Crepes

- 1 tbsp. cooking oil
- 2 cups lean pork, cut into strips
- 1 small green pepper, cut into strips
- Sweet-and-Sour Sauce
- 1 8-oz. can water chestnuts, sliced
- 12 cooked crepes
- Butter
- Sesame seeds

Heat oil in large skillet. Lightly brown pork. Stir in green pepper. Stir and cook until warmed through. Add Sweet-and-Sour Sauce, stir and add water chestnuts. Stir until warmed through. In large shallow pan, spoon several tablespoons of pork mixture in center of each crepe. Fold over. Brush with butter, sprinkle with sesame seeds. Heat in a 350° F. oven for 10 to 15 minutes. Makes 12.

Sweet-And-Sour Sauce

- ½ cup white sugar
- 2 tbsps. cornstarch
- ½ cup cider vinegar
- 1½ cups apricot juice
- 2 tbsps. soy sauce

Combine all ingredients and cook over medium heat, stirring constantly until sauce thickens and becomes clear.

All-Purpose Crepe Batter

- 4 eggs
- ¼ tsp. salt
- 2 cups flour
- 2¼ cups milk
- ¼ cup melted butter

Combine ingredients in a blender jar. Blend for 1 minute. Scrape down sides with a rubber spatula and blend another minute or until smooth. Refrigerate batter at least 1 hour. Cook on crepe griddle or traditional pan. Makes 32-36 crepes.

Deputy Linda Kay Steen,
Twin Falls, Idaho

Brunch Casserole

16 slices white bread, crusts removed
8 slices Canadian bacon
8 slices sharp Cheddar cheese
6 eggs, beaten
½ tsp. salt
Dash pepper
½ to 1 tsp. dry mustard
¼ cup minced onion
3 cups milk
¼ cup green pepper
1 to 2 tsps. Worcestershire sauce
½ lb. butter
1 cup crushed potato chips

Place 8 slices of bread flat in a 13 x 9-inch buttered baking dish. On each slice place 1 slice Canadian bacon and 1 slice Cheddar cheese. Top with remaining slices of bread. Mix eggs, salt, pepper, dry mustard, onion, milk, green pepper, and Worcestershire sauce. Pour over bread and let stand overnight in refrigerator. Melt butter and pour over top and cover with crushed potato chips. Bake at 350° F. for 1 hour.

Mrs. Bonnie Harwood,
Deputy Supreme Recorder,
Rock Island, Ill.

Pheasant Casserole

4 or 5 pheasant breasts or 2 pheasants, cut up
2 cups hot water
1 cup rice (if brown, parboil 15 minutes)
1 can cream of mushroom soup
1 can cream of chicken soup
2 tbsps. parsley

Brown pheasant in oil. Remove from pan and set aside. Add 1 cup water and stir while simmering. Then add second cup of water. Spread rice in well-greased, rectangular pan. Spoon soups over, add broth, sprinkle with parsley, and lay pheasant on top. Bake, covered, at 350° F. for 1½ hours.

Supervisor Sandra J. Marler,
Sioux Falls, S. D.

German Sauerkraut Casserole

1 14-oz. can sauerkraut
¾ cup rice
Onion
1½ lbs. hamburger
Salt and pepper
2 cans tomato soup
1 cup water

Layer ingredients in casserole dish in the order given. Bake uncovered at 350° F. for 1½ hours.

Deputy Dorothy Jean Biskey, FIC,
Hill City, Minn.

Hot-Crossed Tuna Casserole

2 cans tuna
1 pkg. frozen peas
1 cup shredded cheese
1 cup sliced celery
½ cup bread crumbs
¼ cup chopped onion
Salt and pepper
1 cup mayonnaise
1 8-oz. pkg. crescent dinner rolls

Combine all ingredients except crescent rolls and pour into casserole. Lattice top with rolls and bake at 350° F. for 35 to 40 minutes.

Supervisor Rick Thomas Loncarich, CLU,
Foresthill, Calif.

French Green Bean Casserole

4 1-lb. cans French-cut green beans
1 can cream of mushroom soup
1 can cream of chicken soup
2 tsps. soy sauce
2 cans French fried onion rings

Mix soy sauce and soup, add beans and half of onion rings. Mix well and place in pan. Bake at 350° F. for 25 minutes. Place remaining onion rings on top and bake another 5 minutes.

Supervisor Ricky Gauer Lewis,
Ipswich, S. D.

Elegant Chicken Casserole

¼ cup butter (½ stick)
¼ cup flour
1 10½-oz. can cream of chicken soup
¼ cup crumbled bleu cheese
¼ tsp. dry marjoram
½ cup grated Parmesan cheese
2 cups cooked chicken, diced
1 10-oz. pkg. frozen chopped broccoli, cooked
1 cup sour cream
Salt and pepper
¼ cup bread crumbs
Butter
Paprika

Melt the ¼ cup butter in a small saucepan, stir in the flour and cook over medium heat for 3 or 4 minutes. Gradually stir in the undiluted soup, bleu cheese, marjoram, half the Parmesan cheese, chicken, and broccoli. Heat to just under boiling. Remove from heat and stir in the sour cream. Season to taste. Pour into a buttered casserole. Top with bread crumbs and the remaining Parmesan cheese. Dot with butter and sprinkle with a little paprika. Heat in a 350° F. oven for 20 minutes or until bubbly and brown.

Supervisor Cornelia J. Curt,
Neodesha, Kan.

Casseroles, etc. . . .

Individual Hamburger Loaf

- 1½ lbs. hamburger
- ¾ cup milk
- ¾ cup oatmeal
- 1 egg
- Salt and pepper
- Onion
- Topping

Mix hamburger, milk, oatmeal, and egg together. Add salt, pepper, and onion as desired. Divide and make into loaves (about 8 or 9). Put into a foil-lined 9 x 13-inch pan. Take a teaspoon and make a dent on top of each loaf. Put a dab of topping on each loaf. Bake at 350° F. for 45 minutes.

Topping

- ½ cup catsup
- 1 tbsp. brown sugar
- 1 tsp. prepared mustard

Mix all ingredients together. Use to top loaves.

Deputy Ruth Elizabeth Weiss,
Clarion, Iowa

Broccoli Rice Casserole

- 1 pkg. frozen chopped broccoli
- 1 stick butter
- ¼ cup chopped onions
- 1 cup cubed Velveeta cheese
- 1 cup canned milk
- 2 cups dry rice
- 1 can cream of mushroom soup

Put butter in skillet with broccoli and add onions. Simmer until broccoli is done. Add cheese and let melt. Add soup and milk. Mix in rice last. Stir and pour into a casserole dish. Bake covered at 350° F. for 45 minutes. Add slices of cheese on top and put back in for a minute to melt.

Supervisor Shirley G. Escobar,
St. Jacob, Ill.

Sunday Night Special

- 1⅓ cups quick-cooking rice
- 5 slices bacon, cooked and diced
- 2 hard-cooked eggs, diced
- 8 ozs. American cheese
- ½ cup milk

Prepare rice according to directions. Let stand for 10 minutes. Fry bacon until crisp and dice. Add bacon and eggs to rice. Combine cheese and milk in small pan and heat to melt cheese. Place rice mixture on a platter and pour cheese sauce over rice. Preparation time is 18 minutes. Serves 6.

Supervisor Lois Lucille Brack,
Great Bend, Kan.

Five-Hour Stew

- 2 lbs. beef stew meat
- 1 tbsp. sugar
- 3 tbsps. tapioca
- 2 slices bread, broken into pieces
- 1½ tsps. salt
- 1 tbsp. Worcestershire sauce
- 6 carrots, sliced lengthwise
- 3-4 potatoes, cut in half
- 1 cup celery, cut in large pieces
- 2 cups canned tomatoes

Mix ingredients together in order given. Put in roaster, cover, and bake at 250° F. for 5 hours. DO NOT remove cover while baking.

Supervisor Karen Ann Gething,
Stevens Point, Wis.

Chow Mein Casserole

- 1½ lbs. ground beef
- 1 cup celery, chopped
- ½ cup onion, chopped
- ½ cup green pepper, chopped
- 2 cans cream of mushroom soup
- 1 soup can milk
- 2 tbsps. soy sauce
- 2 cans dry chow mein noodles

Brown meat and combine all other ingredients. Bake in a greased 2-qt. dish at 350° F. for 45 minutes. Do not cover.

Supervisor Vera Marie Roote,
Dearborn Heights, Mich.

Burger Trittini

- 2 lbs. ground beef
- 1 medium onion, minced
- 1 15-oz. can tomato sauce
- 1 12-oz. can tomato paste
- 1 4-oz. can drained mushrooms
- 2 tsps. basil
- 2 tsps. sugar
- 1 tsp. salt
- 1 tsp. oregano leaves
- ¼ tsp. pepper
- 2 10-oz. pkgs. chopped spinach
- 1 16-oz. container creamed cottage cheese
- 3 cups shredded Mozzarella cheese

Brown ground beef and onion, drain. Add tomato sauce, tomato paste, mushrooms, basil, sugar, salt, oregano leaves, and pepper. Heat to boiling. Reduce heat and cook until thickened. Thaw and drain chopped spinach. Combine with cottage cheese. Layer meat mixture in the bottom of a 9 x 13-inch baking dish. Top with 1 to 1½ cups Mozzarella cheese. Cover with spinach mixture and sprinkle with another 1 to 1½ cups Mozzarella cheese. Bake at 375° F. for 25 to 30 minutes. Makes 10 servings. Can be made in advance and frozen.

Deputy Barbara Jean McGrath,
Noblesville, Ind.

Ham And Potato Breakfast Casserole

- 1 pkg. hash brown potatoes
- 1½ cups shredded Cheddar cheese (6 ozs.)
- 1 cup finely chopped cooked ham
- ½ cup sliced green onion (with tops)
- 1½ cups water
- 1 cup milk
- 1 tsp. dry mustard
- 5 eggs, beaten
- Dash pepper
- Paprika

Mix all ingredients except paprika together in a large bowl. Pour into a greased 12 x 7½ x 2-inch rectangular baking dish. Sprinkle with paprika. Bake uncovered at 350° F. for 40 to 45 minutes, until knife inserted in center comes out clean.

Deputy Louise Rose Kennedy,
Wabasha, Minn.

Three-Bean Hot Dish

- 1 lb. hamburger
- 1 medium onion
- 1 can pork and beans, with juice
- 1 can kidney beans, drained
- 1 can lima beans, drained
- ¾ cup brown sugar
- ½ cup catsup
- 1 tbsp. mustard powder
- 1 tbsp. vinegar

Brown hamburger and onion and drain. Combine with other ingredients and bake at 300° F. for 1 hour.

For crock pot: Brown hamburger and onion and drain. Combine all ingredients in crock pot. Heat on high until mixture starts to boil hard. Then cook on low for about 3 hours. A crock pot will hold a double batch.

For microwave: Pre-cook the hamburger and onion. In separate container heat the sugar, catsup, mustard powder, and vinegar. Then combine all ingredients. Heat on high until mixture boils. Then cook on low for 30 to 45 minutes.

Supervisor Donna M. Torgerson,
Fairmont, Minn.

Green Bean Casserole

- 2 cans French-style green beans
- 1 can undiluted mushroom soup
- 2 slices American cheese, diced
- 1 pkg. frozen onion rings to cover casserole

Mix ingredients in order listed. Bake at 350° F. for 30 minutes.

Supervisor Gregory T. Blasnig,
Springfield, Mo.

Chicken Casserole

- 4 chicken breasts
- 1½ cups water
- Salt to taste
- 1 stick oleo
- 2 cups celery, cut small
- 1 cup green pepper, cut small
- 1 cup onion, chopped
- 2 cans cream of mushroom soup
- ½ lb. Velveeta cheese, cut in small chunks
- Large bag of egg noodles

Boil chicken breasts in water, salt while cooking. Save broth. Bone, skin, and break chicken into small pieces. In a frying pan, simmer oleo, celery, green pepper, and onion. When tender, add mushroom soup and cheese. Cook noodles in large pan. Drain. Add all ingredients together with 1 or 2 cups of chicken broth.

Supervisor Vera Marie Roote,
Dearborn Heights, Mich.

Pork Chop Casserole

- 4 to 6 pork chops
- 1 onion, sliced
- 4 or 5 potatoes, peeled and sliced
- 1 can cream of chicken soup
- 1 can cream of chicken mushroom soup (optional)
- 1 can milk

Brown pork chops on each side and add onion. Mix together soups and milk. Pour on top of pork chops, onions, and potatoes in roaster and bake at 350° F. for 1 hour or until potatoes are tender. Add milk if it thickens too much.

Deputy Marie B. Flick,
Butte, Mont.

Noodles Romanoff

- 1½ tbsps. salt
- 12 ozs. fettuccine noodles
- 3 cups creamed cottage cheese
- 2 cups sour cream
- 1 to 1½ cups chopped green onion
- 1 clove garlic, crushed
- ¼ tsp. pepper
- 6 tbsps. melted butter or margarine
- ½ cup bread crumbs

Preheat oven to 350° F. In large kettle, add salt to 5 qts. boiling water. Add noodles gradually as the water boils. Cook until just tender, stirring occasionally. Drain noodles and set aside. Combine cottage cheese, sour cream, onion, garlic, pepper, and 4 tbsps. butter or margarine. Add noodles and toss lightly. Turn into greased casserole. Toss bread crumbs in remaining butter and sprinkle on top of casserole. Bake 30 minutes or until piping hot.

Miss Carol S. Hicks,
Supreme Recorder,
Rock Island, Ill.

Casseroles, etc. . . .

Oven-Baked Stew

- 2 lbs. boneless beef stew meat (1-inch cubes)
- 2 tsps. salt
- Dash pepper
- 2 or 3 onions (2 large or 3 medium)
- 1 can stewed tomatoes
- 1 can beef bouillon or 1 cube beef bouillon dissolved in 1 cup water
- 2 to 3 stalks celery, chopped
- 5 or 6 carrots, cut up (depending on size)
- 4 or 5 potatoes (depending on size)
- 4 heaping tbsps. minute tapioca
- 2 tsps. sugar

Mix all together in large casserole or small roaster. Cover securely and bake in 325° F. oven for 3 to 4 hours. Do not remove cover when baking until after 3 hours.

Deputy Charles Stewart Curry,
Crawfordsville, Ind.

Breakfast Souffle

- 16 slices bread, crusts removed
- 2 cups chopped ham
- 2 cups shredded Cheddar cheese
- 10 eggs
- 3 cups milk
- ½ tsp. salt
- ½ tsp. mustard

Line bottom of a buttered 9 x 13-inch pan with 8 slices of bread. Cover with ham and cheese and then top with 8 remaining slices of bread. Beat eggs well; add milk, salt, and mustard. Pour over bread. Cover well with foil and refrigerate overnight. Take out 1 hour before baking time. Keep covered. Mix corn flakes and butter. Remove foil from pan and sprinkle corn flakes over top. Bake at 325° F. for 1 hour. Check with knife to see if it is done. Let set 5 to 10 minutes before serving.

Deputy Marth Ann Fincke,
Minneapolis, Minn.

Tuna Casserole

- 1 can mushroom soup
- ½ cup cold water
- 1 can tuna, flaked
- 1 5-oz. can water chestnuts, sliced
- 1 8-oz. can Chinese noodles
- 1 cup chopped celery
- 2 green onions and tops, chopped
- ½ cup chopped cashews or peanuts

Grease casserole dish lightly. Mix ingredients and pour into casserole. Top with nuts. Bake 30 minutes at 325° F.

Deputy Hazel L. Shintani,
Boise, Idaho

Taco-Hamburger Casserole

- 1½ lbs. hamburger
- 2 tsps. chili powder
- 1 tsp. salt
- 1 medium onion
- 1 clove garlic, minced
- 7 to 8 taco shells
- 1 can whole kernel corn
- 2 small cans tomato sauce
- Grated cheese
- Olives, optional

Mix hamburger, chili powder, salt, onion, and garlic. Cook 7 minutes and drain. Layer as follows in a 12 x 9-inch baking dish: 3 or 4 taco shells, ½ meat mixture, ½ corn, 1 can tomato sauce, and ½ cheese. Repeat. Bake at 350° F. for 20 to 30 minutes. This will freeze very well.

Deputy Edna Meusborn,
Yakima, Wash.

Chicken-Vegetable Casserole

- 1 cup broccoli
- 1 cup cauliflower, broken
- 1 cup carrots, sliced thin
- ½ cup chopped onion
- ½ cup chopped water chestnuts
- 1½ cups chopped chicken
- 2 tbsps. pimiento
- 3 eggs, slightly beaten
- 1 cup milk
- 2 tsps. prepared mustard
- 1½ tsps. Worcestershire sauce
- ½ tsp. salt
- ¼ tsp. pepper

Mix or toss together broccoli, cauliflower, carrots, onion, water chestnuts, chicken, and pimiento. Mix remaining ingredients and pour over vegetable/chicken mixture. Bake at 350° F. for approximately 1 hour or until vegetables are done.

Supervisor Alice June Stark, FIC,
Puxico, Mo.

Supper On A Bread Slice

- ⅔ cup undiluted Carnation milk
- 1½ lbs. ground beef
- ½ cup cracker meal
- 1 egg
- ½ cup chopped onion
- 1 tbsp. mustard
- 1½ tsps. salt
- ¾ tsp. Accent
- Dash pepper
- 2 cups grated American cheese
- 1 loaf French bread

Combine all ingredients except cheese and bread. Cut French bread in half lengthwise. Spread mixture evenly over the top of each half of bread. Wrap heavy foil around crust side of each half, leaving top uncovered. Place on cookie sheet. Bake at 350° F. for 25 minutes. Pull out and put cheese on top. Put back into oven for 5 minutes. Cut diagonally to serve.

Deputy Marjorie Ann Jaggers,
Streator, Ill.

Cheese Strata

12 slices bread
12 slices American cheese
1½ lbs. pre-cooked ham, cubed
2 pkgs. frozen broccoli, cooked
5 eggs
1 qt. milk
2½ tsps. salt (optional)

With cookie cutter, cut center out of each slice of bread. Break remaining bread (remove crust) to cover 9 x 13-inch greased pan. Cover with cheese slices. Spread cubed ham over cheese. Cover with cut broccoli. Beat eggs, add milk and salt and pour over broccoli. Put bread circles on top. Let stand in refrigerator overnight. Bake at 350° F. for 55 to 60 minutes.

Supervisor Sandra J. Marler,
Sioux Falls, S. D.

Escalloped Eggplant

1 med. eggplant
½ cup milk
3 slices bread, cubed
1 tsp. salt
½ cup grated cheese
1 onion
1 egg
3 tbsps. butter, melted
1 green pepper, cubed

Cube peeled eggplant and onion. Boil together for 10 minutes. Drain. Combine with all other ingredients except cheese. Bake in greased casserole at 350° F. for 30 minutes. Remove. Sprinkle with grated cheese. Return to oven until cheese melts.

Deputy Beverly J. Hachmeister,
Natoma, Kan.

Easy Does It Spaghetti (Crock Pot)

1 lb. ground beef
1 tbsp. instant minced onion
1½ tsp. salt
½ tsp. garlic powder
½ tsp. dry mustard
¼ tsp. mace
¼ tsp. allspice
¼ tsp. pepper
4 ozs. spaghetti (1½ cups), broken into 4 or 5 pieces
1 8-oz. can tomato sauce
1 4-oz. can mushrooms, if desired
3 cups tomato juice

Brown beef well in skillet and place in crock pot. Add all remaining ingredients. Cover and cook on low for 6 to 7 hours or on high for 3½ hours.

Supervisor Mary Francis Yarnell, FIC,
Visalia, Calif.

No-Peek Stew

2 lbs. beef cubes
2 large onions, chopped
2 cups carrots, cut small
1 cup celery
3 cups potatoes
½ tsp. sugar
2 tsps. salt
½ tbsp. tapioca
2 cups tomato juice

Mix all ingredients together. Put in a casserole or roaster. Cook at 250° F. for 5 to 6 hours. Do not peek.

Mrs. Frances E. Jondahl, FIC,
Supreme Director,
Page, N. D.

Spinach Casserole

2 or 3 pkgs. frozen chopped spinach, cooked
½ cup shredded cheese
1 pkg. onion soup mix
1 cup sour cream
½ cup shredded cheese
½ cup bread crumbs

Mix spinach, ½ cup cheese, soup mix, and sour cream. Top with ½ cup cheese and bread crumbs. Bake at 350° F. for ½ hour.

Deputy Walter Leroy Friesen,
Gig Harbor, Wash.

Saturday Night Special

1 lb. hamburger
1 large can pork and beans
Salt
1 large can stewed tomatoes, diced and drained
1 large onion
2 slices bacon
¼ cup brown sugar

Brown hamburger. Add pork and beans, salt, and tomatoes. Let simmer. Thinly slice onion. Put half of hamburger mixture into a casserole dish and top with layer of onions. Add remaining hamburger mixture. Top with bacon and brown sugar. Bake at 350° F. for 1 hour.

Deputy Joseph E. Williamson,
Burlington, Wash.

Creamy Potato Puff

1 8-oz. pkg. cream cheese
4 cups hot mashed potatoes (instant works best)
1 egg, beaten
⅓ cup finely chopped onion or instant onion
1 tsp. salt
Dash pepper

Combine all ingredients in a 2-qt. casserole. Bake at 350° F. for 45 minutes. May be kept in the refrigerator all day before baking. Also delicious warmed up.

Deputy June Elaine Ice,
Carmel, Ind.

Casseroles, etc. . . .

Chinese Casserole

¼ cup chopped onion
½ cup chopped celery
1 lb. ground chuck
2 tbsps. butter
1 tbsp. soy sauce
1 can tomato soup
1 can cream of mushroom soup
1 large can Chinese vegetables, drained
1 3-oz. can Chinese noodles

Cook onion, celery, and ground chuck in butter until lightly browned. Drain fat. Stir in soy sauce, tomato soup, cream of mushroom soup, and Chinese vegetables. Place in casserole, cover with Chinese noodles. Bake at 350° F. in preheated oven about 30 minutes.

Deputy Ruth E. Buntrock, FIC,
Gaastra, Mich.

Vegetable Cheese Casserole

2 bags California mixed vegetables
1 small jar Cheese Whiz
1 can cream of mushroom soup
⅓ soup can whole milk
1 can French fried onion rings

Cook vegetables according to directions without salt. Drain and place in casserole. With mixer beat cheese, soup, and milk until smooth. Pour over vegetables. Bake at 350° F. or 375° F. for 20 minutes. Remove from oven, top with onion rings. Bake 10 minutes more, being careful not to burn.

Deputy Brenda Kay Raber,
Momence, Ill.

Oven Omelet

¼ cup butter
1½ doz. eggs
1 cup dairy sour cream
1 cup milk
2 tsps. salt
¼ cup green onion, diced
Green pepper, ham, or bacon, optional

Melt butter in baking dish. Tilt dish to coat bottom with butter. In a large mixing bowl, beat eggs, sour cream, milk, and salt until blended. Stir in onion and optional ingredients. Bake at 325° F. until eggs are set but still moist, about 35 minutes. Cut into squares to serve. Cake pan makes twelve 3-inch squares. Serves 12.

Deputy Joyce Elaine Swalley,
Sioux Falls, S. D.

Hungarian Beef And Noodles

1 lb. ground chuck
1 medium onion, chopped
½ cup beef broth
2 tsps. mustard
1 tbsp. tomato paste
1 cup sour cream
3 cups narrow-cut noodles

Cook meat in large skillet until no pink remains. Stir in onion and cook about 3 minutes. Add broth, mustard, and tomato paste. Bring to a boil. Lower heat, cover, and simmer 5 minutes. Stir in sour cream slowly and heat gently. Serve over cooked noodles. Serves 4 for approximately $1 each.

Deputy Dixie Mae Williams,
Choctaw, Okla.

Hash Browns And Sour Cream

1 large or 3 small pkgs. hash browns
1 carton sour cream
1 can cream of chicken soup
Salt
Pepper
½ cup melted butter
1 cup corn flakes

Mix together hash browns, sour cream, cream of chicken soup, salt, pepper, and ¼ cup butter. Put in a baking dish. Sprinkle corn flakes on top. Drizzle ¼ cup butter over. Bake at 375° F. for 45 minutes to 1 hour.

Mrs. Vesta M. McCready, FIC,
Supreme Director,
Kansas City, Mo.

Quiche

12 slices bacon, crisply fried and crumbled
1 cup shredded Cheddar cheese
1/8 cup minced onion
4 eggs
2 cups light cream or evaporated milk
1 tsp. salt
Dash pepper
1 tbsp. parsley flakes
Pie crust for 9-inch pie pan

Heat oven to 425° F. Sprinkle bacon, cheese, and onion in the pastry-lined pan. Beat eggs slightly. Beat in remaining ingredients. Pour cream mixture into pie pan. Bake 15 minutes. Reduce oven temperature to 300° F. and bake 30 minutes longer or until knife inserted 1 inch from edge comes out clean. Let stand 10 minutes before cutting. Two-thirds cup ham, 1 pkg. frozen crab meat, or 1 pkg. frozen spinach or broccoli may be substituted for the bacon.

Deputy Donna Mae Pietz,
Huron, S. D.

Casseroles, etc. . . .

Spaetzle

4 eggs, beaten by hand
2½ cups flour
1 cup water
½ tsp. salt
2 tbsps. butter, melted

Mix eggs, flour, water, and salt thoroughly and place on a wooden cutting board. Fill a 6-qt. pan about ⅔ full of water. Bring to a boil, then turn heat to low. Cut dough into strips, as thin as possible. Drop them into the hot water. Cook for 5 minutes over low heat. Drain and rinse with cold water. Place in baking dish and cover with melted butter, then place in warm oven until ready to serve.

Deputy Kenneth B. Walstra,
Sharon, Wis.

Spanish Rice And Pork Chops

Pork chops
1 cup rice
2 cups water
1 can tomato sauce
1 chopped onion
Salt and pepper, to taste

Brown pork chops. Add rice, water, tomato sauce, onion, and salt and pepper. Cook until rice is done. Check often to see that there is enough water.

Supervisor Mary Francis Yarnell, FIC,
Visalia, Calif.

Baked Spaghetti And Broccoli

1 10-oz. pkg. frozen chopped broccoli
1 lb. ground beef
1 pkg. Hamburger Helper mix for spaghetti
2 cups water
1 6-oz. can tomato paste
1 cup shredded Mozzarella cheese (about 4 ozs.)

Heat oven to 375° F. Rinse frozen broccoli under cold water to separate; drain thoroughly. Cook and stir ground beef in 10-inch skillet until light brown; drain. Stir in spaghetti and sauce mix from Hamburger Helper, water, and tomato paste. Heat to boiling; remove from heat. Pour half of the spaghetti mixture into an ungreased 10 x 6-inch oblong baking dish or a 9 x 9-inch square pan. Spread broccoli over spaghetti mixture; sprinkle with half of the cheese. Pour remaining spaghetti mixture over cheese; sprinkle with remaining cheese. Cover and bake until hot and bubbly, about 35 minutes. Serves 7.

Deputy Dianne C. Deming,
Waupun, Wis.

Tuna Noodle Casserole

1 10-oz. pkg. noodles
1 flat can tuna
1¼ cups diced cheese
1 can cream of mushroom soup
½ soup can water
Paprika (optional)

Cook noodles until partly done. Rinse in cold water. Place in casserole. Mix soup and water; heat. Layer tuna and cheese on noodles, cover with soup mixture. Sprinkle top with paprika. Bake at 325° F. for 30 to 45 minutes.

Supervisor Elynor M. Bennett,
Jennings, Kan.

Egg And Sausage Casserole

1½ lbs. bulk sausage
9 eggs, slightly beaten
3 cups milk
1½ tsps. dry mustard
1 tsp. salt
1½ cups grated Cheddar cheese
3 slices white bread, cubed small

Brown meat and drain. Mix together eggs, milk, mustard, and salt and stir in cheese, bread, and sausage. Place in a 13 x 9-inch greased pan and refrigerate overnight. Bake at 350° F. for 1 hour.

Deputy Betty Lou Fry,
La Porte, Ind.

Potato-Egg Casserole

4 cups cooked potatoes, diced
6 hard-boiled eggs, sliced
1 can cream of chicken soup
1 cup milk
½ tsp. salt
Dash pepper
1 cup grated Cheddar cheese

Layer potatoes and eggs in a greased 2-qt. baking dish. Blend soup, milk, and seasonings. Pour over potatoes and eggs. Top with cheese. Bake at 375° F. for 30 minutes. Serves 6.

Supervisor Susan Grace Paananen,
Irrigon, Ore.

Overnight Chicken Casserole

1 pkg. Creamettes
2 cups milk
3 hard-boiled eggs
½ lb. Velveeta cheese, grated
2 cans cream of mushroom soup
2 cups cooked chicken
1 small onion, diced

Mix ingredients in a casserole the night before. Place in refrigerator. Take out 1 hour before baking. Bake at 350° F. for 1 to 1½ hours.

Miss Carol S. Hicks,
Supreme Recorder,
Rock Island, Ill.

A Morsel for the Mind

A child's idea of a balanced meal is a fresh-baked cookie---one in each hand.

Cookies

Oatmeal Cookies

1 box spice cake mix
2 cups oatmeal
1 cup pecans, optional
2 eggs, well beaten
1 cup cooking oil

Mix all ingredients together and drop from teaspoon onto a cookie sheet. Bake at 350° F. for 10 to 12 minutes. Yield: 6 to 8 dozen cookies.

Deputy Kathlyn M. Trevey,
Midland, Texas

Pumpkin Bars

4 eggs
2 cups sugar
1 small can pumpkin (2 cups)
¾ cup melted butter
2 cups unsifted flour
2 tsps. baking powder
1 tsp. baking soda
½ tsp. cinnamon
1 cup nuts
Frosting

Mix eggs, sugar, pumpkin, and butter. Sift together flour, baking powder, baking soda, and cinnamon; add to batter. Stir in nuts. Bake in buttered jelly roll pan at 325° F. for 25 minutes.

Frosting

1 stick oleo
1 3-oz. pkg. cream cheese (or more)
2 cups powdered sugar
1 tsp. vanilla
Nuts

Soften butter and cream cheese and mix. Add powdered sugar and vanilla and mix until smooth. Frost bars and sprinkle nuts on top.

Deputy Marta J. Robertson,
Stillman Valley, Ill.

Caramel Bars

1 14-oz. pkg. caramels
1 small can Carnation milk
1 pkg. white cake mix
1 12-oz. pkg. butterscotch bits
¾ cup margarine, melted
Nuts, if desired

Melt caramels and ⅓ cup of the Carnation milk over hot water. Mix melted margarine and the other ⅓ cup milk well. Add to the cake mix and mix well. Take half of the cake mixture and pat it into an 8 x 12-inch pan making a ridge around the edge. Bake 5 minutes. Remove from oven and pour caramel mixture over cake. Sprinkle with butterscotch bits and nuts. Take the rest of the cake mixture and pat out small amounts with hands. Place on top. This can also be dropped by spoonfuls but will not spread much. Bake at 350° F. for 15 minutes. Do not bake more than 15 minutes. It will not look done but will be okay when completely cooled. This is also good using German chocolate cake mix and chocolate chips.

Mrs. Vesta M. McCready, FIC,
Supreme Director,
Kansas City, Mo.

Zucchini Cookies

½ cup soft margarine
1 cup sugar
1 cup peeled and grated zucchini (can use another cup of zucchini)
1 tsp. baking soda
1 egg, beaten
2 cups flour
1 tsp. cinnamon
½ tsp. cloves
½ tsp. salt
1 cup chopped nuts
1 cup raisins

Combine margarine, sugar, zucchini, and baking soda. Add egg and mix. Add remaining ingredients. Drop by teaspoonfuls onto a greased cookie sheet. Bake at 375° F. for 12 to 15 minutes.

Deputy LaVaun Greta Brittain,
Shelby, Mont.

Crunchy Cookies

1 cup brown sugar
1 cup white sugar
1 cup shortening
2 eggs
2¼ cups flour
1 tsp. baking soda
1 tsp. vanilla
2 cups corn flakes
1 pkg. butterscotch chips
Nuts, optional
Coconut, optional

Mix all ingredients well. Drop by spoon on dry cookie sheet. Bake at 350° F. for 8 to 12 minutes.

Supervisor Donna M. Torgerson,
Fairmont, Minn.

Cookies . . .

Date-Filled Pinwheel Cookies

1 cup shortening
2 cups brown sugar
3 eggs
4 cups flour
1 tsp. cinnamon
½ tsp. baking soda
Filling

Mix all ingredients together and roll out. Spread with Filling and roll up like a cinnamon roll. Freeze, slice ¼-inch thick, and bake at 375° F. for 8 to 10 minutes. Yield: 72 cookies.

Filling

1 pkg. dates, cut fine
½ cup sugar
½ cup water
½ cup nuts, chopped fine

Mix all ingredients and cook over low heat, stirring constantly, until it's a pasty consistency. Cool.

Supervisor Ardelle G. Newberger, FIC, Anoka, Minn.

Rolled Cookies

¾ cup shortening
1 cup sugar
2 eggs
½ tsp. vanilla
2½ cups sifted flour
1 tsp. baking powder
1 tsp. salt

Mix shortening, sugar, eggs, and vanilla thoroughly. Sift flour, baking powder, and salt together. Stir dry ingredients into batter. Chill at least 1 hour. Roll out 1/8-inch thick. Cut into desired shapes. Place on ungreased baking sheet. Bake at 400° F. for 6 to 8 minutes or until delicately brown. Sprinkle with sugar before baking or frost if desired.

Supervisor Sandra J. Marler, Sioux Falls, S. D.

Banana Oatmeal Cookies

1½ cups flour
½ tsp. baking soda
1 tsp. salt
½ tsp. nutmeg
¾ cup margarine or shortening
1 cup sugar
1 egg
1 cup mashed bananas
1 3/8 cup rolled oats
½ cup nutmeats

Sift flour, baking soda, salt, and nutmeg. Beat shortening; add sugar and egg, beating until light and fluffy. Add bananas, oats, and nuts. Mix thoroughly. Add sifted dry ingredients and blend well. Drop by teaspoon on greased cookie sheet. Bake at 400° F. for 10 to 15 minutes, or until lightly browned.

Deputy Thelma M. Thomas, Kalamazoo, Mich.

Cookies While You Sleep

2 egg whites
Pinch of salt
¼ tsp. cream of tartar
⅔ cup sugar
¼ tsp. almond extract
1 cup chocolate chips
1 cup nuts, chopped

Preheat oven to 350° F. Beat egg whites until foamy, add salt and cream of tartar. Beat well. Gradually add sugar and beat until very stiff. Add almond extract. Fold in nuts and chips. Drop by teaspoon on cookie sheet. Place in oven and turn off heat at once. Don't peek---leave in oven overnight.

Supervisor Mary S. Hardy, Sergeant Bluff, Iowa

Butterscotch Oatmeal Cookies

1 cup shortening
¾ cup sugar
¾ cup brown sugar
2 eggs
1 tbsp. hot water
1 tsp. vanilla
1½ cups flour
1 tsp. baking soda
½ tsp. salt
2 cups oatmeal
Nuts
1 pkg. butterscotch chips

Cream together shortening, sugars, and eggs. Add water and vanilla. Add dry ingredients. Mix well. Fold in chips. Bake at 375° F. for 15-20 minutes.

Deputy Dorothy J. Biskey, FIC, Hill City, Minn.

Almond Butter Cookies

1 cup margarine
½ cup sugar
1 tsp. vanilla
2 cups flour
½ tsp. baking powder
1 cup chopped almonds

Cream margarine and sugar. Mix in vanilla. Add dry ingredients. Mix in chopped nuts. Form dough into rolls 1½ inches in diameter. Chill overnight. Bake at 350° F. on ungreased cookie sheet until firm and brown on bottom.

Robert W. Walton, General Counsel, Rock Island, Ill.

Snack Time Molasses Cookies

1½ cups flour
¾ tsp. baking soda
½ tsp. salt
½ cup shortening
¾ cup sugar
1 egg
¼ cup molasses
½ cup coconut
½ cup pecans, chopped

Combine all ingredients. Roll into small balls and press down slightly with bottom of glass which has been dipped in sugar. Bake at 375° F. for about 10 minutes.

Deputy Marlys Jane Olson, Harvey, N. D.

Cookies . . .

Snowflake Cookies

1 cup flour
¼ cup powdered sugar
¼ tsp. salt
⅓ cup soft butter
¼ cup Pet milk
½ tsp. vanilla
⅔ cup finely chopped nuts
Date halves
⅔ cup powdered sugar

Combine flour, ¼ cup powdered sugar, and salt. Add butter, Pet milk, and vanilla and mix until smooth. Add chopped nuts and mix well. Flatten 1 tsp. dough with hand, put a date half in the center, cover the date by pinching dough around it and rolling it in hands to form a ball. Place on a cookie sheet and bake in a 375° F. oven for 15 minutes or until brown. Roll warm cookies in ⅔ cup powdered sugar.

Deputy Edna Viola Hartwell, FIC,
Medford, Ore.

Peanut Butter Balls

½ cup butter or margarine
1 1-lb. box powdered sugar
2 cups crunchy peanut butter
2½ cups Rice Krispies or Special-K cereal
½ bar paraffin wax
1 12-oz. pkg. semi-sweet chocolate chips

Combine butter, powdered sugar, peanut butter, and cereal. Use hands to mix well. Form into walnut-size balls and chill well. Melt together in a double boiler wax and chocolate chips. Dip balls into chocolate to coat. Put on waxed paper and chill.

Deputy Vicki Yvonne Eddy,
Kennewick, Wash.

Sugar Cookies

1 cup sugar
1 cup powdered sugar
1 cup margarine, softened
1 cup cooking oil
2 eggs
½ tsp. salt
1 tsp. cream of tartar
1 tsp. baking soda
1 tsp. vanilla
4 cups flour

Cream sugars and fats thoroughly. (Beat with a mixer for at least 5 minutes.) Mix in eggs. Stir in dry ingredients. (The secret is in the creaming. Dough will be soft and a little sticky.) Put in refrigerator until firm. Roll into small balls, 1 tsp. of dough per cookie. Press slightly flat with sugared glass. Bake at 375° F. for 10-12 minutes.

Supervisor Kathryn A. Russell,
Newman Lake, Wash.

Oatmeal Cookies

1 cup shortening
1½ cups brown sugar
2 eggs
1 tsp. vanilla
1½ cups flour
1 tsp. salt
1 tsp. baking soda
3 cups quick oatmeal
1 cup raisins
1 cup nuts, pecans or walnuts

Cream shortening and sugar together. Add eggs and vanilla. Sift flour, salt, and baking soda and add to batter. Stir in the rest of the ingredients. Bake at 350° F. for 15 minutes.

Deputy Fern P. Carlson,
Wolf Point, Mont.

Cookies

1 cup sugar
1 cup brown sugar
1 cup oil
2 eggs
1 tsp. vanilla
2 cups flour
2½ tsps. baking powder
½ tsp. salt
1 tsp. baking soda
2 cups oatmeal
2 cups corn flakes

Mix sugar, brown sugar, oil, eggs, and vanilla. Sift together flour, baking powder, salt, and baking soda and add to batter. Add oatmeal and corn flakes and mix. Drop by teaspoon onto greased baking sheet. Bake at 350° F. for 8 to 10 minutes.

Deputy Edna A. Meusborn,
Yakima, Wash.

Orange Cookies

¾ cup brown sugar
½ cup shortening
1 egg, beaten
1 tbsp. grated orange rind (or ¼ tsp. orange extract)
½ tsp. vanilla
½ tsp. baking soda
½ cup sour milk
1¾ cups flour
1 tsp. baking powder
¼ tsp. salt
Orange Icing

Cream together brown sugar and shortening. Add egg, orange rind, and vanilla. Stir baking soda into sour milk. Sift flour, baking powder, and salt together. Add sour milk and dry ingredients alternately to shortening mixture. Drop by teaspoon onto cookie sheet. Bake at 400° F. for 12 to 15 minutes. Cool and frost with Orange Icing.

Orange Icing

1 cup powdered sugar
1 tbsp. butter
1½ tbsps. orange juice
½ tsp. lemon juice
½ tsp. orange rind

Cream powdered sugar and butter together. Add orange juice, lemon juice, and orange rind. Mix well.

Deputy Ruth Elizabeth Weiss,
Clarion, Iowa

Cookies . . .

Monster Cookies

1 lb. oleo
3 lbs. peanut butter
2 lbs. brown sugar
4 cups white sugar
1 tbsp. Karo syrup
1 tbsp. vanilla
8 tsps. baking soda
1 dozen eggs
1 12-oz. pkg. chocolate chips
1 16-oz. pkg. "M & M's"
18 cups quick rolled oats
1 lb. walnuts, chopped

Mix ingredients as listed. Bake at 350° F. for 10 to 12 minutes. Makes 10 dozen 3-inch cookies.

Deputy Mary L. Guthrie,
Dayton, Wash.

Amish Sugar Cookies

1 cup white sugar
1 cup confectioners' sugar
1 cup butter
2 eggs
1 cup cooking oil
2 tsps. vanilla
4½ cups flour
1 tsp. baking soda
1 tsp. cream of tartar
Sugar

Cream sugars and butter until light and fluffy. Add eggs, mix well. Blend in oil and vanilla. Sift dry ingredients together and blend well with other ingredients. Chill dough for several hours or overnight. Make into balls about the size of walnuts. Place on cookie sheet and press down with a fork dipped in sugar in criss-cross fashion or dip ball in sugar and press with a fork. Bake at 350° F. for 10 minutes.

Deputy Ileatha F. Crotteau,
Lapeer, Mich.

Brownies

⅔ cup sifted flour
½ tsp. baking powder
¼ tsp. salt
⅓ cup butter or other shortening
2 sqs. unsweetened chocolate
2 eggs
1 cup sugar
½ cup broken walnuts
1 tsp. vanilla

Sift flour with baking powder and salt. Melt butter and chocolate over hot water. Beat eggs well; add sugar, gradually beating well. Beat in chocolate. Mix in flour; then nuts and vanilla. Bake in a greased 8 x 8 x 2-inch pan at 350° F. for about 25 minutes. Cool in pan. Makes 20 brownies. This recipe may be doubled. If so, use a 9 x 13 x 2-inch pan.

Supervisor Raymond D. Mittan, Jr.,
Maitland, Fla.

Date-Filled Drop Cookies

1 cup shortening
2 cups brown sugar
3 eggs
½ cup water
1 tsp. vanilla
3½ cups flour
1 scant tsp. salt
1 tsp. baking soda
Dash cinnamon
Filling

Cream shortening and sugar. Add slightly beaten eggs, vanilla, and water, mixing well. Sift dry ingredients together and add to mixture. Drop 1 tsp. of dough, then drop ½ tsp. Filling on top of it. Then drop ½ tsp. dough on top of the Filling. Do not take big spoonfuls or the cookie will be too big. Bake at 375° F. for 10 to 12 minutes.

Filling

2 cups finely cut dates
¾ cup water
¾ cup sugar

Mix ingredients and cook over low heat until thick.

Deputy Edna Viola Hartwell, FIC,
Medford, Ore.

Butterscotch Chip Cookies

1 cup shortening
¾ cup brown sugar
¾ cup white sugar
2 eggs
1 tsp. hot water
1 tsp. vanilla
1 tsp. baking soda
¾ tsp. salt
1½ cups flour
½ cup nuts, chopped or ground
1 6-oz. pkg. butterscotch chips, chopped or ground
2 cups quick cooking oats

Sift baking soda and salt with flour. Mix all ingredients in order given. Roll into small balls and place on a greased cookie sheet. Press flat with a fork and bake at 400° F. for 10 minutes or until light brown.

Deputy Florence Ross,
Roanoke, Ind.

'Porcupines' Of Pecan

3 tbsps. butter
1 cup sugar
2 eggs, well beaten
2 cups pecans, chopped
1 cup dates
3 cups shredded coconut

Melt butter, stir in sugar. Beat in eggs. Add pecans, dates, and 1 cup coconut. Form into balls, roll in remaining 2 cups coconut. Place on lightly oiled baking sheet. Bake at 300° F. for 25 minutes, or until cookies just begin to brown. Yield: 48 cookies.

Mrs. Doris L. Risdall, FIC,
Supreme Director,
Veteran, Wyo.

Cookies . . .

Lemon Bars

½ cup butter
1 cup flour
¼ cup powdered sugar
2 tbsps. lemon juice
2 eggs, beaten
1 cup sugar
2 tbsps. flour
½ tsp. baking powder
Topping

Mix butter, 1 cup flour, and powdered sugar. Put in an 8 x 8-inch pan and bake at 350° F. for 15 minutes. Mix lemon juice, eggs, sugar, 2 tbsps. flour, and baking powder. Pour over crust. Bake at 350° F. for 25 minutes. Cool and frost with Topping.

Topping

1½ cups powdered sugar
1 tsp. vanilla
1 tbsp. butter
Lemon juice

Mix ingredients well, adding lemon juice until mixture is spreadable.

Deputy Mary Etta Anderson,
Hallock, Minn.

Sherry Ball Cookies

Vanilla wafers, enough to make 2 cups fine crumbs
1 cup confectioners' sugar
1 cup chopped walnuts
¼ cup sifted cocoa
Dash salt
3 tbsps. dark corn syrup
3 or 4 tbsps. cooking sherry

Combine crushed vanilla wafers with confectioners' sugar, walnuts, cocoa, and salt. In a cup, mix dark corn syrup and cooking sherry. Pour over crumb mixture and blend well. Roll into balls about the size of a walnut. Roll balls in cocoa, sifted confectioners' sugar, or coarse colored sugar. Store in a covered container for several days before serving. Also can be frozen. Makes 4 dozen.

Deputy Grace M. Saxe, FIC,
Delta, Colo.

Ginger Snaps

1 cup butter
1 tbsp. ginger
1 tsp. baking soda
1 pt. boiling molasses
Flour

Add baking soda to boiling molasses. Stir in butter and ginger and let cool. Add enough sifted flour to make a dough. Form in small balls and roll in sugar. Place 2 inches apart on greased cookie sheet. Bake at 375° F. for 10 minutes. Cool slightly and remove from pan.

Deputy Donald Ray Puckett,
Springville, Ind.

Mashed Potato Cookies

½ cup shortening
1 cup sugar
3 tbsps. cocoa (heaping)
2 eggs
1 cup mashed potatoes
2 cups sifted flour
1 tsp. salt
1 tsp. baking powder
1 tsp. baking soda
1 6-oz. pkg. chocolate chips

Mix the first 9 ingredients together; add chocolate chips and stir. Bake at 375° F. for 10 minutes (350° F. - low altitude).

Frosting

2 cups powdered sugar
2 tbsps. shortening
Cream
½ tsp. lemon flavoring

Mix all ingredients together, adding enough cream to thicken and make creamy.

Deputy Marie B. Flick,
Butte, Mont.

Chocolate Fork Cookies

1 cup sugar
1 cup butter
1 egg
2 sqs. chocolate, melted
½ tsp. baking soda
½ tsp. baking powder
1 tsp. vanilla
½ cup walnuts
2 cups flour (use more if needed)

Mix all ingredients. Roll dough into balls and press down with a fork. Bake at 350° F. for 10 to 15 minutes.

Deputy Emelia Helland,
Maple Grove, Minn.

Brownies

½ lb. oleo (2 sticks, cut up
1 lb. brown sugar
3 eggs
3 cups flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. vanilla
1 large or ½ pkg. chocolate chips
1 cup chopped nuts, pecans or walnuts
Frosting

Cream oleo, sugar, and eggs. Add flour, baking soda, baking powder, and vanilla. Mix well. Add chips and nuts. Put in a large cookie sheet. Pat in pan, dough will be thick. Bake at 350° F. for 20 minutes. Top with frosting and refrigerate just to set frosting before cutting into squares.

Frosting

¼ lb. oleo (1 stick, cut up)
6 tbsps. cocoa
¼ cup black coffee, hot
1 tsp. vanilla
1 lb. box powdered sugar

Mix all ingredients well and spread on brownies.

Deputy Lawrence J. Chiovatero,
Chicago, Ill.

Cookies . . .

Health Nuggets

⅓ cup peanut butter
⅓ cup butter or oleo
½ cup honey
1 egg
1 tsp. vanilla
⅔ cup whole wheat flour
¼ tsp. salt
½ tsp. baking soda
½ cup nonfat milk powder
½ cup wheat germ
1 cup uncooked quick rolled oats
1 cup raisins
½ cup chopped nuts
½ cup coconut
½ cup chocolate chips

Cream together peanut butter, oleo, and honey. Add egg and vanilla, mixing well. Combine whole wheat flour, salt, and baking soda and add to previous mixture. Stir in milk powder, wheat germ, and rolled oats. Stir raisins, nuts, coconut, and chocolate chips in separately. Make into small balls. Place on greased cookie sheet and flatten slightly. Bake at 375° F. for 8 to 10 minutes. Makes 3 or 4 dozen.

Deputy Velma Leota Stoltz,
Curlew, Iowa

4-H Sugar Cookies

1 cup butter
1 cup powdered sugar
1 tsp. baking soda
1 tsp. vanilla
1 cup shortening
1 cup white sugar
4 cups flour
1 tsp. cream of tartar

Combine all ingredients. Roll dough into small balls, dip in sugar, and press down with bottom of a glass. Bake at 350° F. for 8 to 10 minutes.

Supervisor Rose M. Heazlett, FIC,
St. Thomas, N. D.

Double Chocolate Chip Cookies

½ cup shortening
1 cup sugar
1 sq. chocolate
1 egg
2 tbsps. milk
1½ cups flour
1 tsp. salt
1 tsp. baking powder
1 tsp. vanilla
¾ cup chocolate chips
¾ cup chopped walnuts

Cream together shortening and sugar. Blend in melted chocolate and egg, beating until thoroughly blended. Stir in milk. Sift flour, baking powder, and salt. Blend into creamed mixture. Stir in vanilla, chocolate chips, and walnuts. Drop by teaspoonfuls onto greased cookie sheet. Bake 15 minutes at 350° F.

Deputy Connie Fox,
Stockton, Calif.

Chocolate Chip Brownies

⅓ cup shortening
⅔ cup brown sugar, packed
1 egg
½ cup milk
1 cup sifted flour
¼ tsp. baking soda
½ tsp. salt
1¼ cups rolled oats
1 6-oz. pkg. semi-sweet chocolate chips
½ cup sugar
3 tbsps. orange juice
1 tsp. grated orange rind

Mix shortening, brown sugar, and egg thoroughly. Stir in milk. Sift flour, baking soda, and salt; stir into batter. Add rolled oats and chocolate chips; blend well. Spread into greased 9-inch round layer pan. Bake at 375° F. for about 30 minutes. Just before brownies are done, mix sugar and orange juice and bring to a boil. Remove from heat. Stir in orange rind. Pour hot syrup over hot baked brownies. Cool and cut in small wedges and serve with ice cream, if desired.

Deputy Thelma M. Thomas,
Kalamazoo, Mich.

Czechoslovakian Prune Kolachi

2 cups water
½ cup butter or margarine
2 tsps. salt
½ cup sugar
1 cup cold water
½ cup warm water
2 tbsps. yeast
1 tsp. sugar
2 eggs
Flour
Prune Filling

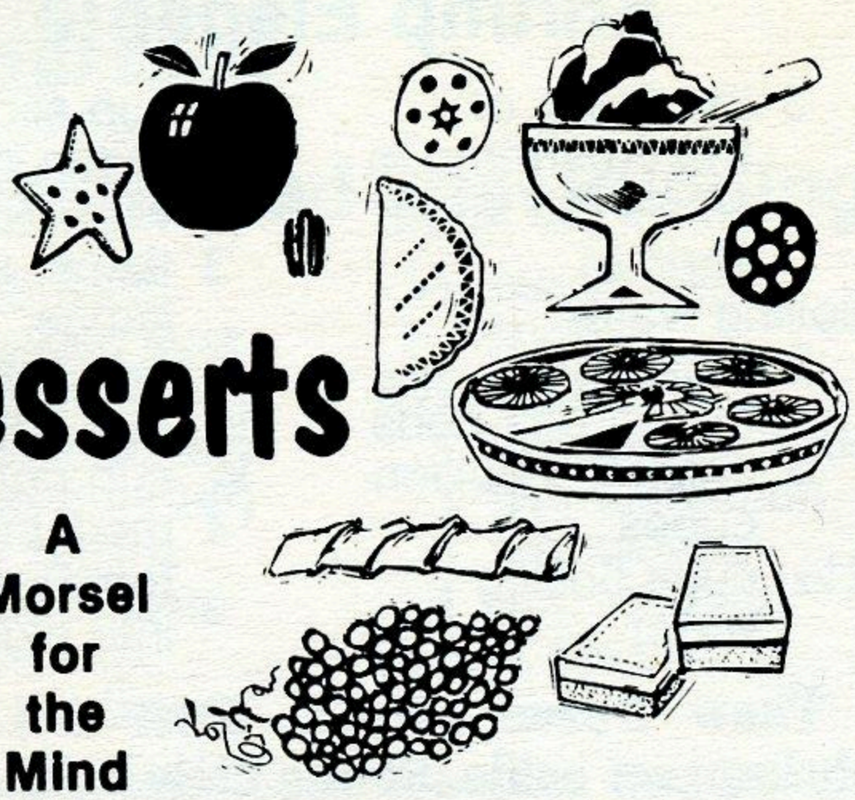
Mix 2 cups water, butter, salt, and ½ cup sugar and heat to boiling. Remove from stove and stir well. Add 1 cup cold water and let stand. Stir together ½ cup warm water, yeast, and 1 tsp. sugar. Let rise. When yeast is puffed and other liquid is cool, stir in eggs and yeast and beat. Add enough flour to the liquid to make a soft dough. Let rise. When dough has risen once, shape into buns. Let rise and bake at 375° F. for 20 minutes. Or make, pat, and shape into squares, 2½ x 2½-inches. Make Prune Filling and put a teaspoonful on squares. Pinch corners together. Let rise and bake.

Prune Filling

Prunes
Dash cinnamon
1 tbsp. lemon juice
Sugar
Vanilla, if desired

Cook prunes. Pit, if necessary. Put prunes in a dish and add cinnamon, lemon juice, sugar, and vanilla. Beat together until the consistency of filling. Fill dough squares.

Deputy Bertha Ruth Stinar,
East Grand Forks, Minn.



Desserts

A Morsel for the Mind

Promises may make friends, but it is performances that keep them.

French Apple Slices

2 cups flour
½ tsp. salt
¾ cup shortening
2 egg yolks
1 tbsp. lemon juice
7 tbsps. milk
3 cans sliced apples
1 cup sugar
1 tbsp. flour
¾ tsp. salt
1 tsp. cinnamon
1 cup powdered sugar
½ tsp. vanilla
Milk

Sift together 2 cups flour and ½ tsp. salt. Cut in shortening. Shake together egg yolks, lemon juice, and 7 tbsps. milk. Add to flour. Divide and roll out for bottom crust and place in a 9 x 15-inch pan. Fill with sliced apples. Combine sugar, 1 tbsp. flour, ¾ tsp. salt, and cinnamon and sprinkle over apples. Cover with top crust. Bake at 350° F. for 1 hour. Combine powdered sugar, vanilla, and a small amount of milk and pour on hot slices when the pan is removed from the oven.

Deputy Helen Florence Brown,
Clinton, Mo.

Chocolate Sauce

2 cups whipping cream
2 cups white sugar
1 16-oz. can Hershey's syrup
Dash salt
20 large marshmallows
8 light caramels
2 tsps. oleo or butter
1 tsp. vanilla
1 tsp. maple flavoring, optional
Several shavings of paraffin, optional

Mix in order given. Boil in heavy saucepan until marshmallows are melted. Makes 2 pints. Serve over ice cream or use for fonduing.

Deputy Verna Grace Gustafson,
Selby, S. D.

Coconut Torte Dessert

1 cup graham cracker crumbs
½ cup flaked coconut
½ cup chopped pecans or walnuts
4 egg whites
1 tsp. vanilla
¼ tsp. salt
Butter brickle ice cream (or any favorite flavor) or whipped cream

Combine graham cracker crumbs, flaked coconut, and nuts. Beat egg whites, vanilla, and salt until soft peaks form and all sugar is dissolved. Fold graham cracker mixture into egg white mixture; spread in well-greased 9-inch pie plate. Bake at 350° F. for 30 minutes. Cool. Cut in wedges and top with ice cream or whipped cream.

Mrs. Doris L. Risdall, FIC,
Supreme Director,
Veteran, Wyo.

Cherry Nut Bars

1 box white cake mix
2 egg whites (whole eggs may be used)
2 tbsps. water
2 tbsps. maraschino cherry juice
½ cup chopped maraschino cherries
½ cup chopped nuts
Frosting

Blend all ingredients together. Scrape into a jelly roll pan. Bake at 350° F. for 20 minutes.

Frosting

⅓ cup oleo
3 cups powdered sugar
1 tbsp. milk
2 tbsps. cherry juice (more if needed)

Mix all ingredients together.

Supervisor Mary Lou Sienknecht, FIC,
Lincoln, Iowa

Strawberry 'N' Cream Squares

1 6-oz. pkg. strawberry Jell-O
2 cups boiling water
2 10-oz. pkgs. frozen strawberries
1 13½-oz. can crushed pineapple
2 large bananas, diced
1 cup sour cream

Dissolve Jell-O in boiling water, add strawberries and stir until thawed. Add pineapple and bananas. Pour half of mixture into an 8 x 8 x 2-inch pan. Chill until firm. Spoon sour cream over chilled layer. Pour remaining gelatin mixture carefully over sour cream. Chill until firm.

Deputy Richard O. McUmber, Sr.,
Grand Rapids, Mich.

Old-Fashioned Suet Pudding

- 1½ cups fresh chopped suet (can be purchased at any meat counter)
- 1 cup raisins
- 1 cup currants
- 2 cups milk
- 1 cup molasses
- ½ cup brown sugar
- 3½ cups flour
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. cloves
- 1 tsp. nutmeg
- Vanilla Sauce

Mix all ingredients together and steam for 3 hours. Serve warm with hard sauce or Vanilla Sauce.

Vanilla Sauce

- 1 cup sugar
- 3 heaping tbsps. flour
- 3 cups warm water
- 1 tbsp. vanilla
- ½ cup butter

Mix sugar and flour together thoroughly. Stir in warm water. Cook until thick, stirring constantly. Add vanilla and butter. Serve warm over warm pudding.

Deputy Betty Lou Fry,
LaPorte, Ind.

Apple Crumb

- 6 to 8 cups sliced apples
- ½ cup sugar
- 1 cup water
- 2 cups flour
- 2 cups sugar
- ½ tsp. salt
- 2½ tsps. baking powder
- 1 tsp. cinnamon
- 2 eggs, beaten
- ½ cup melted butter or oleo

Place sliced apples in a 9 x 13-inch pan. Pour sugar and water over top. Mix flour, sugar, salt, baking powder, cinnamon, eggs, and butter. Spread over the apples. Bake at 375° F. until light brown.

Supervisor Jolene Mae Smith,
Atlantic, Iowa

Peach Crisp

- 1 29-oz. can sliced peaches
- 1 pkg. butter brickle cake mix (or yellow cake mix)
- 1 cup coconut
- 1 cup nuts
- ½ cup melted margarine

Pour peaches with syrup into ungreased 9 x 13-inch pan. Sprinkle with cake mix, then coconut and nuts. Pour on the melted margarine. Bake at 325° F. for 55 to 60 minutes.

Deputy LaVaun Greta Brittain,
Shelby, Mont.

Dorothy's Delight

- 1¾ cups flour
- ¾ cup melted shortening
- ¾ cup nuts, chopped
- 1 8-oz. pkg. cream cheese
- 1 cup whipped cream
- 1 cup powdered sugar
- 2 boxes instant pudding
- 2 cups milk
- Whipped cream
- Nuts
- Cherries

Mix flour, melted shortening, and nuts. Pat into a 9 x 13-inch pan. Bake at 350° F. for 15 minutes. Cool completely. Mix cream cheese, 1 cup whipped cream, and powdered sugar. Spread on crust. Mix instant pudding and milk. Spread over cream cheese layer. Spread whipped cream over all. Sprinkle with nuts and cherries.

Deputy Dorothy Jean Biskey, FIC,
Hill City, Minn.

Banana Split Dessert

- 6 bananas
- ½ gal. ice cream
- 1 cup chopped nuts
- 1 cup chocolate chips
- ½ cup butter
- 2 cups powdered sugar
- 1½ cups evaporated milk
- 1 tsp. vanilla
- 1 pt. cream
- ½ cup sugar
- 6 cups graham cracker crumbs

Spread 3 cups of cracker crumbs in 9 x 13-inch pan, slice bananas in the pan, cover with softened ice cream, and sprinkle with nuts. Freeze all of the above. Melt chocolate chips in butter, add powdered sugar and evaporated milk. Cook until thick, stirring constantly. Remove from heat, add vanilla, and let cool. Pour over ice cream and freeze. Whip cream and add sugar and spread on top. Spread remaining cracker crumbs on top and freeze. Keeps several weeks in freezer.

Mrs. Frances E. Jondahl, FIC,
Supreme Director,
Page, N. D.

Cherry Pudding

- ½ cup margarine
- 1 cup milk
- 2 cups flour
- 1 cup sugar
- 2 tsps. baking powder
- 1 can cherries
- 1 cup sugar
- ½ cup water

Combine margarine, milk, flour, 1 cup sugar, and baking powder and beat well. Pour into a buttered 9 x 12-inch pan. Combine cherries, 1 cup sugar, and water and bring to a boil. Pour over batter. Bake at 350° F. for 45 minutes. Serve hot or cold.

Deputy Helen Florence Brown,
Clinton, Mo.

Chocolate Graham Cracker Pudding

1 box chocolate pudding and pie mix (the type that must be heated)
32 graham crackers
Whipped cream

Prepare pudding according to package directions. Put one cracker on a plate and spoon chocolate pudding on top of it (about 1 tbsp.). Then put another cracker on top of this and press down gently so that chocolate will cover the first cracker. Put a tablespoon of pudding on top of the second cracker and add another cracker and press down. A usual serving is 4 crackers, but more can be added if desired. Spread chocolate on the top of the last cracker so that it is completely covered and then cover all four sides with chocolate as when putting icing on a cake. Put a tablespoon of whipped cream on the top of each just before serving. This pudding should be made the same day it is served. Makes 8 servings.

Deputy Vera P. Stratton,
Boscobel, Wis.

Fruit Cocktail Dessert

1 egg, beaten
1 No. 2½ can fruit cocktail
1 cup sugar
1 cup flour
1 tsp. baking soda
1 tsp. cinnamon
¼ tsp. salt
1 cup brown sugar
½ cup nuts
Whipped cream

Mix egg and well-drained fruit. Sift sugar, flour, baking soda, cinnamon, and salt together. Add dry ingredients to egg mixture. Spread into a buttered and floured 7 x 9-inch pan. Cover top with brown sugar and nuts. Bake at 325° F. for 1 hour and 20 minutes. Top with whipped cream.

Mrs. Frances E. Jondahl, FIC,
Supreme Director,
Page, N. D.

Fruit Cobbler

1 stick oleo
1 cup Bisquick
¾ cup sugar
¾ cup milk
2 to 3 cups fruit or pie filling

Melt oleo in 9 x 9-inch baking pan. Mix Bisquick, sugar, and milk in a small bowl. Pour into oleo in the baking pan. Add fruit on top of this mixture. Bake at 350° F. for 1 hour.

Supervisor Alice June Stark, FIC,
Puxico, Mo.

Three-Layer Dessert

First Layer:
1½ cups flour
1½ sticks margarine
¼ cup pecans
Second Layer:
1 8-oz. pkg. cream cheese
1 cup powdered sugar
2 cups whipped topping
Third Layer:
1 9-oz. pkg. instant chocolate pudding, mixed according to package directions

First layer: Mix flour, margarine, and pecans. Pat evenly in bottom of a 9 x 13-inch pan. Bake at 350° F. for 20 minutes. Let cool. Second layer: Mix together cream cheese, powdered sugar, and whipped topping. Spread on top of first layer in pan. Third layer: Pour prepared pudding on top of second layer. Chill and serve.

Deputy Danny Feuquay,
DuQuoin, Ill.

Raspberry Delight

1 6-oz. pkg. raspberry Jell-O or sugar free Jell-O
1 28-oz. can fruit cocktail or light fruit cocktail, drained
1 8-oz. container whipped frozen topping
1 large container cottage cheese
1 cup marshmallows
¼ cup coconut
1 frozen pkg. raspberries

Mix all ingredients except raspberries in order given. Put raspberries on top. Set in refrigerator for about 1 hour and then serve.

Deputy Duane D. Long,
Foresthill, Calif.

Elephant Ears

1½ cups milk
2 tbsps. sugar
1 tsp. salt
6 tbsps. shortening
2 pkgs. dry yeast
4 cups flour

Mix milk, sugar, salt, and shortening. Heat until shortening melts, but don't boil. Cool to lukewarm. Add yeast and stir until dissolved. Stir in flour 2 cups at a time, beating until smooth. Put dough into a greased bowl. Cover with a damp cloth and let rise until double in size (about 30 minutes). Dust hands with flour. Pinch off pieces about the size of golf balls. Roll into thin 6 to 8-inch circles. Fry one at a time in oil heated to 350° F. until it rises to the surface. Turn and fry until light brown. Drain on paper. Sprinkle generously with sugar.

Deputy June Elaine Ice,
Carmel, Ind.

Apple Dumplings

1½ cups flour
3 tbsps. butter or oleo
3 tbsps. shortening
2 tsps. baking powder
Pinch of salt
½ cup milk
4 or more apples
Sugar
Butter
Nutmeg
Sauce

Mix all ingredients except apples as for pie crust and roll out. Cut apples fine and spread on dough. Sprinkle apples with sugar, butter, and a little nutmeg. Roll up jelly roll fashion and cut in slices. Place slices in bottom of deep pan and cover with Sauce. Bake 30 minutes in moderate oven until brown.

Sauce

1 cup sugar
1 tbsp. flour
1 pt. boiling water
1 tbsp. butter

Mix ingredients well and use to cover dumplings before baking.

Mrs. Vesta M. McCready, FIC,
Supreme Director,
Kansas City, Mo.

Berried Pretzels

FIRST LAYER:
3 tbsps. butter or margarine
2 cups coarsely crushed pretzels (1 6-oz. pkg.)
SECOND LAYER:
2 cups powdered sugar
1 8-oz. pkg. cream cheese, softened
1 9-oz. carton whipped topping, partially thawed
2 cups miniature marshmallows, white
THIRD LAYER:
2 3-oz. pkgs. strawberry gelatin
2½ cups boiling water
¼ tsp. strawberry flavoring
1 10-oz. pkg. frozen strawberries or 2 cups fresh strawberries

FIRST LAYER: Mix butter and crushed pretzels together. Pat into a 9 x 13-inch pan and bake at 325° F. for 15 minutes. Let set to cool. SECOND LAYER: Mix powdered sugar and cream cheese. Add whipped topping and marshmallows. Spread over pretzel layer a spoonful at a time as it is hard to spread. THIRD LAYER: Mix gelatin and boiling water. Add flavoring and strawberries and chill until partially set. Pour over cheese layer and refrigerate.

Deputy Ruth Elizabeth Weiss,
Clarion, Iowa

Banana Split Dessert

2 cups graham cracker crumbs
1½ cups oleo
1 1-lb. box powdered sugar
2 eggs
4 bananas
1 large can crushed pineapple, drained
1 16-oz. carton whipped topping
Chopped walnuts, if desired
Maraschino cherries, if desired

Mix cracker crumbs and ½ cup oleo. Pack well in a 9 x 13-inch pan. Chill. Beat powdered sugar, 1 cup oleo, and eggs for 7 to 8 minutes. Spread over chilled crust. Slice bananas over top. Spread crushed pineapple over bananas. Cover with whipped topping. Decorate with chopped walnuts and maraschino cherries, if desired. Chill at least 3 hours before serving.

Supervisor Roseline Marie Quinn,
Manistique, Mich.

Rice Pudding

1 cup long-cooking rice
1 cup water
Dash salt
1 qt. milk
¾ cup sugar
½ cup half and half cream
½ cup sugar
1½ tsps. vanilla
Brown sugar
Raisins

Cook rice, water, and salt in double boiler until rice absorbs the water. Add milk and ¾ cup sugar and cook 45 minutes until mixture thickens. Remove from heat and add half and half, ½ cup sugar, and vanilla. Pour into serving bowl and top with brown sugar and raisins. Condensed milk may be substituted for half of the quart of milk to make a richer pudding.

Deputy Donna Mae Lieser, FIC,
Eldora, Iowa

Cranberry Pudding

4 cups cranberries, cut up
1 cup molasses
2⅔ cups flour
4 tsps. baking soda
⅔ cup hot water
1 cup chopped nuts
2 cups chopped dates
Butter Sauce

Mix all ingredients. Pour into well-buttered pudding molds. (Coffee cans may be used.) Steam for 3 hours. Serve with Butter Sauce.

Butter Sauce

2 cups butter
2 cups sugar
2 tbsps. flour
½ cup cream

Melt in double boiler, beating to blend. Heat until thickened.

Supervisor Dolores J. Hackett,
Franklin, Wis.

Rhubarb Delight

- 2 cups flour
- 1 cup butter
- 4 tbsps. sugar
- 2½ cups sugar
- 6 egg yolks
- 6 cups rhubarb
- ⅔ cup cream or half and half
- 4 tbsps. flour
- Meringue

Mix flour, butter, and 4 tbsps. sugar. Press into a 9 x 13-inch pan. Bake at 350° F. for 20 minutes. Mix 2½ cups sugar, egg yolks, rhubarb, cream, and flour. Cook until thick and rhubarb is done. Cool and pour on baked crust. Top with meringue.

Meringue

- 6 egg whites
- ¼ tsp. cream of tartar
- 1 tsp. vanilla
- ½ cup sugar

Beat egg whites, cream of tartar, and vanilla. Add sugar when peaks are stiff. Cover pie with meringue and bake at 250° F. for a few minutes until brown.

Deputy Leah Marie Ottenbacher,
Miller, S. D.

Cream Cheese Cake

- 1 8-oz. pkg. cream cheese
- ¼ cup sugar
- 1 8-oz. container whipped topping
- 1 graham cracker pie crust
- Fruit filling

Blend cream cheese, whipped topping, and sugar. Pour into graham cracker crust. Chill. Top with any fruit filling.

Deputy Florence E. Zagorski,
Stevens Point, Wis.

Frosted Fruit

- 1 qt. fresh strawberries, cleaned, stemmed, and drained
- 2 cups fresh pineapple, cubed
- 1 16-oz. can dark sweet cherries or drained frozen peaches
- 2 cups honeydew in small balls
- Dressing

Drain all fruit well. Add Dressing, tossing lightly. Serve well chilled.

Dressing

- 1 cup pineapple juice
- ½ cup sugar
- ½ cup honey
- 1 tbsp. flour
- 1 egg, unbeaten

Mix flour and sugar. Add unbeaten egg and honey. Stir well until mixed. Add juice and cook over low heat until mixture coats spoon.

Supervisor Lillian Lucille Yoho,
Danville, Ill.

Browny Pudding

- 1 cup sifted flour
- 2 tsps. baking powder
- ¾ cup sugar or honey
- 2 tbsps. cocoa
- ½ tsp. salt
- ½ cup milk
- 1 tsp. vanilla
- 2 tbsps. shortening
- ¾ cup chopped walnuts
- ¾ cup brown sugar
- ¼ cup cocoa
- 1¾ cups hot water

Sift together flour, baking powder, sugar, 2 tbsps. cocoa, and salt. Add milk, vanilla, and shortening and mix until smooth. Add nuts. Pour into a greased 8 x 8 x 2-inch pan. Mix brown sugar and ¼ cup cocoa. Sprinkle over batter. Pour hot water over entire batter. Bake in moderate oven, 350° F., for 40 to 45 minutes.

Deputy Walter Leroy Friesen,
Gig Harbor, Wash.

Rhubarb Cream Dessert

- 4 cups sliced fresh rhubarb
- ¼ cup water
- 1 3-oz. pkg. strawberry or raspberry Jell-O
- ¾ cup sugar
- 2 cups frozen strawberries or raspberries (10-oz. pkg.)
- 1 pt. vanilla ice cream (2 cups)

In saucepan, combine rhubarb and water. Bring to a boil. Cover and simmer over medium heat until rhubarb is tender, about 15 mintues. Remove from heat. Stir in Jell-O and sugar until dissolved. Add frozen berries and ice cream. Allow to thaw, stirring occasionally. Pour into serving dishes or into a 9-inch baked pastry shell. Refrigerate at least 4 to 6 hours.

Supervisor Rose M. Heazlett, FIC,
St. Thomas, N. D.

Pretzel Salad Dessert

- 3 cups crushed pretzels
- ½ cup sugar
- ½ cup melted margarine
- 1 cup sugar
- 1 8-oz. pkg. cream cheese
- 1 9-oz. carton Cool Whip
- 1 large pkg. strawberry Jell-O
- 2 pkgs. frozen strawberries

Mix first 3 ingredients and press into a 10½ x 13-inch pan. Bake 8 minutes at 350° F. Mix sugar and cream cheese. Fold in Cool Whip. Pour over the cooled crust. Dissolve Jell-O in 1 cup hot water. Add frozen berries. Pour over top of Cool Whip mixture and refrigerate.

Deputy Verna Grace Gustafson,
Selby, S. D.

Low Calorie Counters

A Morsel for the Mind

In the science of dieting, we must delve deeper, if we're not to remain our blubber's keeper. From fattening food, we must keep our distance, and follow the path of feast resistance!

Chicken Casserole

- ¾ cup low fat cottage cheese
- 1 cup plain low fat yogurt
- 1 cup dry cooking sherry
- 1 tsp. soy sauce
- ¼ tsp. garlic powder
- 1 tbsp. dried onion
- Pinch pepper
- Pinch curry powder
- 1 6-oz. pkg. noodles
- ½ cup pearl onions
- ½ cup fresh sliced mushrooms
- 1 cup cooked and cubed chicken

Preheat oven to 350° F. Combine cottage cheese, low fat yogurt, cooking sherry, soy sauce, garlic powder, dried onion, pepper, and curry powder in a blender or food processor. Blend until completely smooth. Toss noodles, pearl onions, mushrooms, and chicken gently. Pour sauce over mixture and toss gently. Pour mixture into a 2-qt. dish. Bake for 30 minutes. This is a low fat, low-calorie recipe taken from *Eat To Win* by Dr. Robert Haas.

Supervisor Patrick A. Guiney, Wheeling, Ill.

Tomato-Cucumber Salad (Lo-Cal)

- 4 tomatoes, chopped
- 1 large cucumber, pared, seeded, and chopped
- ½ cup chopped onion
- 1 tbsp. fresh lemon juice
- ½ clove garlic, minced
- 2 tsps. chopped cilantro (fresh coriander) or parsley
- ¼ tsp. salt
- ½ tsp. ground cumin
- Dash pepper

Toss together tomatoes, cucumber, and onion. In small bowl, stir together remaining ingredients. Pour over vegetables and toss lightly. Cover and chill. Makes four servings at 50 calories per serving.

Supervisor Lois Jean Hebert, Kankakee, Ill.

Low-Calorie Pasta Salad

- 4 ozs. curly macaroni
- 4 ozs. small shell macaroni
- 2 small zucchini, grated
- 8 ozs. ham, cubed
- 4 ozs. cheese (yellow), cubed
- 2 or 3 chopped green onions
- 12 cherry tomatoes, cut in half
- 2 tbsps. oil
- 2 tbsps. vinegar
- 2 tbsps. lemon juice
- ¾ tsp. oregano
- ½ tsp. salt
- ½ tsp. garlic
- Dash pepper

Cook macaroni according to package directions. Rinse with cold water. Place in large bowl with remaining ingredients. Serve on lettuce leaves. Serves 4.

Deputy Donna Jean Ingram, Henderson, Nev.

Diet Cake

- 2 cups raisins
- 2 cups water
- 1 cup applesauce
- 2 eggs
- 3 envs. sweetener
- ¾ cup oil
- 2 cups flour
- 1 tsp. baking soda
- 1 ¼ tsps. cinnamon
- ½ tsp. nutmeg
- 1 tsp. vanilla

Boil raisins and water until water is gone. Cool. Add applesauce, eggs, sweetener, and oil. Mix well. Combine flour, baking soda, cinnamon, and nutmeg. Add to raisin mixture and mix well. Add vanilla. Pour into a greased 9 x 9-inch pan. Bake at 350° F. for 30 to 35 minutes.

Deputy Marion M. Boettcher, Fillmore, Wis.

Lo-Cal Oven-Fried Chicken

- 1 chicken, cut up
- Soy sauce
- Corn flake crumbs

Remove skin from chicken. Wash chicken and pat dry. Dip in soy sauce. Roll in crumbs. Place in single layer in pan and bake at 350° F. for 1 hour.

Deputy Carole Joyce Coholic, Pittsburgh, Pa.

Low Calorie Counters . . .

Low-Calorie Vegetable Soup

- 3 qts. water
- 1 qt. tomato juice
- 3 vegetable bouillon cubes
- 6 beef bouillon cubes
- 1 tbsp. onion flakes
- Salt and pepper to taste
- 1 10-oz. pkg. frozen chopped broccoli
- 1 10-oz. pkg. frozen cauliflower
- ½ head cabbage, shredded
- ½ green pepper, chopped
- 6 stalks celery, chopped
- 1 16-oz. can green beans

Combine water, tomato juice, vegetable bouillon cubes, beef bouillon cubes, onion flakes, salt, and pepper and bring to a boil. Add broccoli, cauliflower, cabbage, green pepper, celery, and green beans. Bring to a boil again. Simmer for 3 hours. Contains 35 calories per cup.

Deputy Opal Nadine Olson, FIC,
Mapleton, Iowa

Oriental Vegetable Mix (Weight Watchers)

- 2 cups shredded cabbage
- 2 cups bean sprouts
- 1 cup diagonally sliced celery
- 4 ozs. drained canned water chestnuts, sliced
- 2 ozs. finely chopped scallion
- 1 cup chicken bouillon
- 2 tbsps. soy sauce
- ½ tsp. dry mustard dissolved in 1 tbsp. water

In a large skillet, cook first 5 ingredients for 3 minutes. Add bouillon and simmer, stirring often, until most of the liquid has evaporated. Stir in soy sauce and mustard if desired. Divide evenly. Makes 4 servings. Each serving is equivalent to 1¼ cups Vegetables, 1½ ozs. Limited Vegetable, ⅓ serving Something Extra (¼ cup bouillon).

Supervisor Gregory T. Blasnig,
Springfield, Mo.

Diet Poppy Seed Dressing

- ¾ cup oil
- ¼ cup honey (or 1 tsp. artificial sweetener)
- ⅓ cup white vinegar
- 1 tbsp. poppy seeds
- 1 tsp. dry mustard
- ½ tsp. salt
- Grated onion, if desired

Combine ingredients and mix in blender.

Deputy June Elaine Ice,
Carmel, Ind.

Broiled Fish And Cheese (Weight Losers)

- 8 ozs. fish steaks or fillets (fresh is best)
- Dash ground pepper
- Seasonings to taste (oregano, marjoram, rosemary, or thyme)
- 4 ozs. sharp Cheddar cheese, grated
- ½ tbsp. prepared mustard
- 1 tsp. horseradish
- 8 ozs. tomato juice

Cook tomato juice until thickened. Season fish with ground pepper and other seasonings as desired. Place fish on a rack in a broiler pan that has been sprayed with Pam. Broil fish about 8 minutes, turn and broil another 7 to 10 minutes on the other side, until fish flakes when tested with a fork. Combine grated cheese, prepared mustard, horseradish, and cooked down, thickened tomato juice. Spread cheese-tomato juice mixture over fish and return to the broiler for 1 or 2 minutes longer or until cheese melts and browns. Makes 4 servings.

One serving=2 ozs. fish (2 portions protein) plus 1 oz. cheese (1 portion protein) equals complete protein for dinner. (Count cheese as 1 oz. of the 6 ozs. cheese allowed per week.) Two ozs. tomato juice=¼ of 1 portion of high vitamin C fruit, juice, or berries.

Deputy Sandra Kay Peterson,
Appleton, Wis.

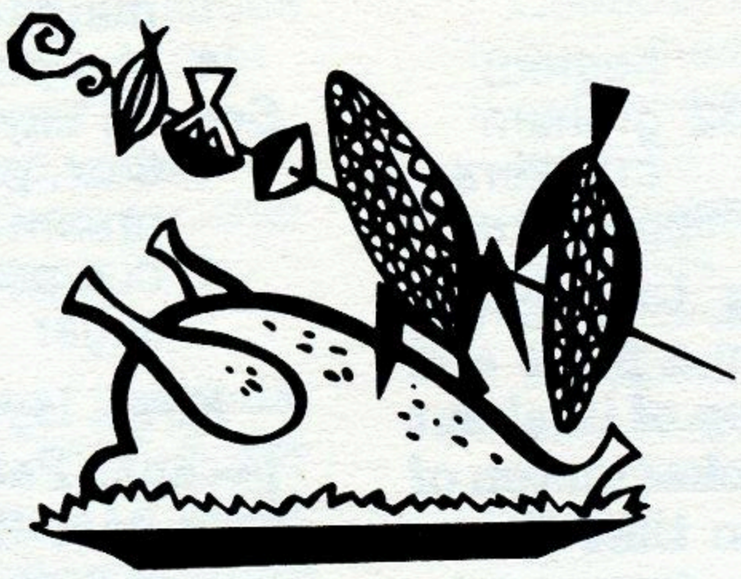
Luscious Diet Apricot Bars

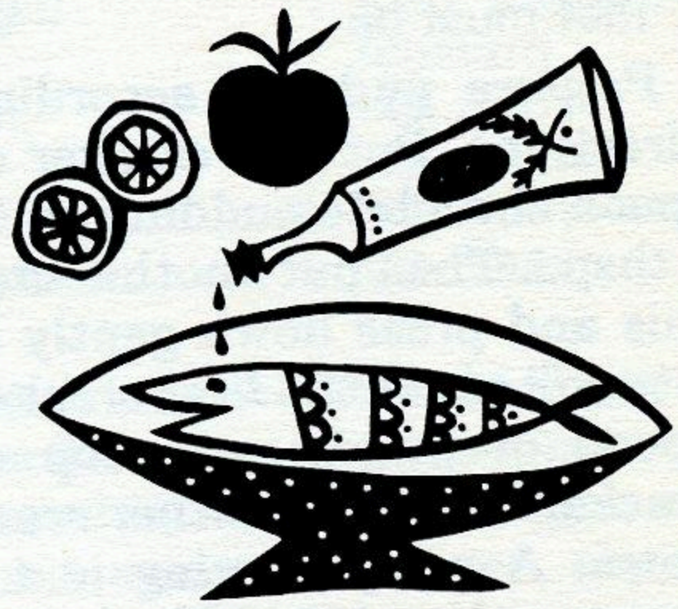
- 1⅓ cups finely cut dried apricots
- 1 cup margarine
- ½ cup Sugar Twin
- 2 cups sifted all-purpose flour
- 1 cup all-bran cereal
- 1 tsp. baking powder
- ½ tsp. salt
- 1½ to 2 cups Sugar Twin brown sugar
- 4 eggs
- 1 tsp. vanilla

Preheat oven to 350° F. Soak apricots in hot water for 10 minutes or until fruit is tender. Drain well and set aside. Cream together margarine and Sugar Twin until smooth. Beat Sugar Twin brown sugar and eggs in large mixing bowl, add vanilla. Combine with margarine mixture. In separate bowl sift flour, baking powder, and salt. Combine with margarine mixture until smooth. Mix in apricots and bran cereal. Pour mixture into a 9½ x 9½ x 2-inch greased pan. Bake for 30 to 40 minutes or until done. Yield: 36 bars. Weight Watchers exchanges: 1 bar=½ bread, 1 fat, and ½ fruit exchange. Calories: 101 calories per bar.

Deputy Velma Leota Stoltz,
Curlew, Iowa

Meats, Poultry, and Fish





A Morsel for the Mind

Nothing cooks your goose quicker than a boiling temper. Few people ever carve their way to success with cutting remarks.

You know you need help with your cooking when you see someone adding tenderizer to your gravy.

Deviled Oysters

2 cups oysters
¼ cup melted butter
2 tbsps. flour
⅔ cup milk
2 bouillon cubes
Salt and pepper
1 egg yolk, well-beaten
3 tbsps. lemon juice
½ tsp. minced parsley
¼ cup buttered crumbs

Clean, drain, and chop oysters. Combine butter and flour. Add milk slowly, stirring constantly. Add bouillon cubes. Season to taste. Cook over hot water, stirring constantly, until thick. Add egg yolk, lemon juice, and parsley. Beat until smooth. Pour oysters into a well-oiled baking dish. Add sauce. Cover with buttered crumbs. Bake in moderate 400° F. oven for 30 minutes. Makes 4 servings.

Deputy Vera Fraser,
White Hall, Ill.

Meat Loaf

1½ lbs. ground beef
1 cup milk
⅔ cup dry bread crumbs
2 eggs beaten
¼ cup grated onion
1 tsp. salt
¼ tsp. pepper, if desired
½ cup tomato catsup
½ cup brown sugar
1 #2 can pork and beans

Soak bread crumbs in milk and add meat, eggs, onion, and seasoning. Mix well and place in greased casserole. Mix catsup with brown sugar and dribble over top. Pour pork and beans over the entire loaf and bake at 350° F. for 1½ hours.

Deputy Mina Rose Hunt,
Oakland, Ill.

Allegheny Bar-B-Q

1 tbsp. cooking oil
3 lbs. hamburger
2 onions, chopped fine
3 cups catsup
2 cups water
2 tbsps. brown sugar
2 tsps. prepared mustard
Dash Worcestershire sauce
Salt and pepper, to taste

Pour the cooking oil into a very large frying pan. Brown hamburger and onions together over medium heat. Add the rest of the ingredients and mix well. Let this cook down for 20 minutes or so stirring occasionally. Most of the water will evaporate. When it reaches the desired consistency, serve on buns. Leftovers may be frozen.

Deputy Catherine M. Butcher,
Stewardson, Ill.

Stuffed Trout

Trout, fresh or frozen
1 cup minced celery
3 tbsps. minced onion
6 tbsps. butter
½ cup water
1 tsp. sage
1 tsp. dill weed
4 cups day-old bread crumbs
½ lb. sliced mushrooms
Salt and pepper

Cook celery and onion in butter and water until slightly soft. Stir in sage and dill weed and pour over bread, mixing lightly. Fold in mushrooms and season to taste with salt and pepper. Thaw trout if frozen. Fill fish with stuffing and wrap each fish in aluminum foil. Bake at 375° F. for 40 minutes for 1-lb. fish or 25-30 minutes if fish are smaller.

Supervisor Dorothy May Pontius,
Arkansas City, Kan.

Meats, etc. . . .

Barbecued Spare Ribs

Spare ribs
Salt and pepper
1 medium onion
2 tbsps. fat
¼ cup lemon juice
2 tbsps. vinegar
1 tbsp. Worcestershire sauce
2 tbsps. brown sugar
½ cup water
1 12-oz. jar chili sauce

Cut spare ribs into serving portions. Place in baking pan. Brown at 350° F. for 30 to 45 minutes. Salt and pepper to taste. Brown onion in fat. Add remaining ingredients. Simmer 20 minutes. Pour over ribs. Continue baking until done. Note: May burn so watch ribs carefully.

Supervisor Pearl A. Kling, FIC,
Kenmare, N. D.

Rice Krispies Meat Balls

1 lb. ground beef
1 cup Rice Krispies
1 egg
¼ cup diced green pepper
¼ cup diced onion
Salt and pepper, to taste
1 can tomato soup
½ soup can water

Mix ground beef, Rice Krispies, egg, green pepper, onion, and salt and pepper. Make into meatballs. Put in a casserole and cover with tomato soup and water mixture. Bake at 350° F. for 1 hour.

Deputy Maurine Helen Hughes,
Grand Forks, N. D.

Superb Salmon Quiche

1 unbaked 9-inch pastry shell
1 15-oz. can red sockeye salmon
3 eggs
1 cup cream-style cottage cheese
2 tsps. Dijon mustard
¾ tsp. salt
½ cup half and half
1 4-oz. can sliced mushrooms
½ cup shredded carrots
¼ cup thinly sliced green onion

Partially bake pastry shell on lower rack of oven at 375° F. for 15 minutes. Drain salmon, reserving 2 tbsps. liquid. Break salmon into chunks. Beat eggs with cottage cheese, mustard, and salt. Add half and half, salmon liquid, and undrained mushrooms. Stir in carrots, onion, and salmon. Ladle into partially baked pastry shell. Return to oven and bake 45 minutes or until set in center. Let stand 10 minutes. Cut into wedges and serve warm. Makes 6 to 8 servings.

Deputy Marlys Jane Olson,
Harvey, N. D.

Almond Loaf

1 cup cooked brown rice
2 cups shredded Cheddar cheese
1 cup wheat germ
1 cup chopped walnuts
1 cup chopped almonds
1 large onion, chopped
½ cup finely chopped green pepper
½ cup each shredded carrots and zucchini
5 eggs, lightly beaten
1 tbsp. soy sauce
1 tbsp. prepared mustard
½ tsp. pepper
½ tsp. thyme
½ tsp. marjoram
½ tsp. sage

Combine the rice, cheese, wheat germ, walnuts, almonds, onion, green pepper, and carrots and zucchini. Mix in the eggs, soy sauce, prepared mustard, pepper, thyme, marjoram, and sage. Pat firmly into greased 9 x 5-inch loaf pan. Bake at 350° F. for 55 minutes or until browned. Let stand 10 minutes then slice. May be used as a meat substitute. Good for stuffed peppers, stuffed cabbage rolls, or meat loaf.

Supervisor Raymond D. Mittan, Jr.,
Maitland, Fla.

Sweet And Sour Mustard

2 cups dry mustard
2 cups vinegar
2 cups sugar
2 eggs, slightly beaten
1 cup mayonnaise, optional

Mix mustard and vinegar and let stand overnight. Add sugar and eggs and cook in double boiler until mixture thickens. Add mayonnaise and let bubble again. Store in refrigerator.

Deputy Mary L. Guthrie,
Dayton, Wash.

Rouladen

6 pieces of thinly sliced beef, about 4 by 5 inches each
Prepared mustard
Salt and pepper
12 tsps. diced bacon
6 tsps. chopped onion
6 tsps. chopped pickles
2 tbsps. oil
3 cups water

Rub each piece of beef with prepared mustard and sprinkle with salt and pepper. At one end of the beef pile 2 tsps. bacon and 1 tsp. each chopped onion and pickle; roll up and fasten with toothpicks. Brown beef rolls in oil. Add water and simmer an hour and a half, or until beef is tender. Remove meat and thicken broth for gravy. It may be necessary to add more water for gravy.

Deputy Kenneth B. Walstra,
Sharon, Wis.

Meats, etc. . . .

Glazed Fruited Chicken

1 29-oz. jar fruits for salad
⅔ cup mayonnaise
1 7-oz. pkg. herb stuffing
1 broiler-fryer chicken, cut in parts
½ tsp. salt
Dash pepper
1 12-oz. jar orange marmalade
Parsley

Drain fruit; set aside. Reserve ⅔ cup liquid. Stir reserved liquid into mayonnaise. Stir constantly over medium heat until mixture boils; add stuffing. Spread in a 13 x 9 x 2-inch pan. Add chicken. Sprinkle with salt and pepper; brush with additional mayonnaise. Bake at 350° F. for 1 hour. Melt marmalade. Arrange fruit around chicken. Brush on marmalade. Bake 15 minutes. Garnish with parsley. Serves 4.

Miss Patricia Timm,
Deputy Supreme Oracle,
Rock Island, Ill.

Lamb Barbecue

4 tbsps. butter or margarine
2 small onions, sliced
2 to 4 tbsps. vinegar
4 tsps. brown sugar
1 cup catsup
½ cup water
2 tsps. Worcestershire sauce
2 cups cut up roasted lamb
3 cups uncooked noodles

Saute onion in hot butter in a saucepan. Add vinegar, brown sugar, catsup, and water. Add lamb, simmer until hot. Meanwhile, cook noodles until tender, drain and toss with melted butter. Serve lamb and sauce over noodles. Serves 4.

Mrs. Doris L. Risdall, FIC,
Supreme Director,
Veteran, Wyo.

Hamburger Taco Hot Dish

1½ to 2 lbs. hamburger
1 pkg. taco seasoning
1 can #303 kidney beans
½ small onion, chopped
½ green pepper, chopped
Corn chips
1 cup grated Cheddar cheese

Brown hamburger and drain. Add taco seasoning, kidney beans, onion, and green pepper and mix. Top with corn chips and cheese. Bake at 350° F. until hot and cheese is melted.

Deputy LaVaun Greta Brittain,
Shelby, Mont.

Shrimp Elegante

3 lbs. fresh or frozen shrimp in shells (50 large shrimp)
Boiling water
2 6-oz. pkgs. frozen pea pods
3 chicken bouillon cubes
2½ cups boiling water
½ cup sliced green onion with tops
3 tbsps. soy sauce
1 tsp. salt
¼ cup cold water
¼ cup cornstarch
4 medium tomatoes, cut into eighths

Thaw frozen shrimp. Peel and devein shrimp; set aside. Pour a little boiling water over pea pods and carefully break apart with fork; drain immediately and set aside. In large saucepan or dutch oven, dissolve bouillon cubes in 2½ cups boiling water. Add shrimp, green onion, soy sauce, and salt. Return to boiling, cook for 5 minutes, stirring occasionally. Slowly blend cold water into cornstarch; stir into shrimp mixture. Cook, stirring constantly, until mixture is thick and bubbly. Add tomatoes and pea pods. Cook until tomatoes are heated through, about 3 minutes longer. Serves 12 at 152 calories per serving.

Deputy Hattie Mae Elledge,
El Cerrito, Calif.

Spaghetti Pie

1 lb. ground beef
½ cup chopped onion
¼ cup green pepper
1 8-oz. can tomatoes, undrained
1 6-oz. can tomato paste
1 tsp. sugar
1 tsp. dried oregano
1 tsp. garlic salt
2 tbsps. butter
⅓ cup Parmesan cheese
2 well-beaten eggs
6 ozs. long spaghetti
1 cup cottage cheese
½ cup shredded Mozzarella cheese

Brown ground beef, onion, and green pepper. Stir in tomatoes, tomato paste, sugar, oregano, and garlic salt. Simmer. Cook 6 ozs. long spaghetti. Drain and add butter, Parmesan cheese, and eggs. Form spaghetti mixture in well-greased 10-inch pie pan to resemble crust. Spread 1 cup cottage cheese over spaghetti. Fill pie with tomato/meat mixture. Bake, uncovered, 20-25 minutes in 350° F. oven. Sprinkle with ½ cup shredded Mozzarella cheese and bake 5 minutes longer. Let set a few minutes out of oven before cutting to hold shape better.

Supervisor Sandra J. Marler,
Sioux Falls, S. D.

Sweet-Sour Pork

- 1½ lbs. lean pork
- ½ cup water
- ¼ cup brown sugar
- 2 tbsps. cornstarch
- ½ tsp. salt
- ¼ cup vinegar
- 2 to 3 tbsps. soy sauce
- 1 small green pepper, cut in strips
- ¼ cup thinly sliced onion
- 1 No. 2 can pineapple chunks

Wrap pork roast in foil and bake at 325° F. for 1 hour per pound. (Recipe may be doubled using a 3-lb. roast baked for 3 hours.) Save the juice but not the fat. Cut meat into 2 x ½-inch strips and set aside. Add the water to meat juices. In a separate bowl mix sugar, cornstarch, and salt. Add vinegar, soy sauce, and pineapple juice from can of pineapple chunks. Stir into meat juice, cook and stir until gravy thickens. Add green pepper, onion, and pork strips. Cook 2 to 3 minutes until pepper is crunchy done. Add pineapple and just heat through. Serve over hot fluffy rice with additional soy sauce if desired. Yield: 6 servings.

Deputy Richard O. McUmber, Sr.,
Grand Rapids, Mich.

Porcupines

- 2 lbs. ground beef
- ¾ cup uncooked rice
- 1 tbsp. minced onion
- ½ tsp. ground garlic
- ¼ tsp. black pepper
- ¼ tsp. celery salt
- 1 10-oz. can tomato soup
- 1 8-oz. can tomato sauce
- 1 cup hot water

Mix meat, rice, onion, and spices. Form into 24 meatballs. Place in baking dish, add soup, tomato sauce, and water (add more water if necessary). Cover and bake at 325° F. for 1 hour and 15 minutes. Serves 12.

Deputy Edna M. Haines,
Taylorville, Ill.

Barbecue Sauce

- ¾ cup diced onion
- 2 tbsps. oil
- 1 cup catsup
- ¼ cup sugar
- ¼ cup Worcestershire sauce
- 1 tbsp. vinegar
- ½ tsp. salt

Saute onion in oil. Add remaining ingredients. Heat until boiling. Excellent with pork or chicken.

Deputy Kathleen Ann Tarrant,
Mokena, Ill.

Oven 'Fried' Fish Fillets

- 1 lb. frozen flounder or sole fillets, thawed
- 2 tbsps. plain low-fat yogurt
- 1 tbsp. poly-unsaturated oil
- 1½ tsps. lemon or lime juice
- 4 tbsps. packaged bread crumbs
- 1 tsp. seasoned salt
- ½ tsp. pepper
- Paprika, optional

Preheat oven to 475° F. Spray a nonstick cookie sheet or shallow baking pan liberally with cooking spray or wipe with vegetable oil. Combine yogurt, oil, and juice in a shallow dish; mix well. Sprinkle bread crumbs on waxed paper. Dip fillets in the yogurt mixture, then press into the crumbs, lightly coating both sides. Arrange fish in a single layer on the cookie sheet. Sprinkle with salt, pepper, and paprika. Bake fish, uncovered, in preheated oven for 8 minutes or longer, depending on thickness of the fillets. Do not turn fillets. Fish is done when coating is golden and fish flakes easily. Remove fish with a spatula. Makes 4 servings at about 150 calories each.

Supervisor Colleen E. Stagner,
Wichita, Kan.

Cliff's Chicken

- 6 chicken breast halves
- 3 tomatoes, quartered
- 2 green peppers, cut in large wedges
- 2 large onions, cut in large wedges
- Salt and pepper to taste
- 3 tbsps. butter or margarine
- 1 clove garlic, minced
- 6 slices Mozzarella cheese

Melt the butter or margarine in a large heavy skillet. Add minced garlic and saute a few seconds. Add the chicken pieces and brown well. Remove from skillet. Add the prepared vegetables to the pan drippings. Return the chicken pieces to the skillet, arranging on top of the vegetables. Sprinkle all with salt and pepper to taste. Cover and simmer for 45 minutes or until chicken is tender. Remove lid and place piece of cheese on each chicken piece. Replace the skillet lid and continue to simmer a few minutes, or until the cheese starts to melt. Serve each chicken piece with a healthy spoonful of the vegetables. If desired, the vegetable liquid can be thickened somewhat by mixing a small amount of flour in cold water, then stirring it gently into the vegetables. This is good when served with a baked potato or hot, cooked rice. Serves 6.

Supervisor Clifford Garriott,
Lincoln, Ill.

Braised Pork Chops

- 6 to 8 pork chops
- ⅓ cup flour
- 1 tsp. salt
- 1 tsp. dry mustard
- ½ tsp. garlic salt
- 2 tbsps. shortening
- 2 cans cream of chicken soup

Mix flour, salt, mustard, and garlic salt, and dredge chops with mixture. Brown in shortening. Place chops in slow cooker and add soup. Cook 6 to 8 hours.

Deputy Marlys Jane Olson,
Harvey, N. D.

Tuna Cheese Flips

- 2 6½-oz. cans tuna, drained and flaked
- ¼ tsp. McCormick/Schilling lemon and pepper seasoning
- ½ cup shredded Cheddar cheese (2 ozs.)
- ⅓ cup sliced ripe or green olives
- ⅓ cup mayonnaise
- 1 10-oz. can biscuits
- 1 egg, beaten or 2 tbsps. milk
- 1 cup crushed potato chips

Preheat oven to 375° F. Combine first 5 ingredients. Separate biscuit dough into 10 biscuits. Press or roll each to a 4 or 5-inch circle. Spoon about ¼ cup of tuna mixture onto center of each biscuit. Fold dough in half over filling. Press edges with a fork to seal. Make 2 or 3 one-half-inch cuts on each top. Brush top with egg; press both sides in crushed chips. Bake on ungreased cookie sheet for 18 to 24 minutes until deep golden brown.

Supervisor Gregory T. Blasnig,
Springfield, Mo.

Lamb Shanks

- 4 lamb shanks
- 1 tbsp. oil
- Tangy Sauce

Brown lamb shanks in hot oil. Cover with Tangy Sauce and simmer 1½ to 2 hours. Serve with mashed potatoes or rice.

Tangy Sauce

- 1 medium onion
- ½ cup catsup
- ½ cup water
- 1 tsp. salt
- 1 tbsp. brown sugar
- 1 tbsp. vinegar
- 1 tbsp. Worcestershire sauce
- 1 tsp. dry mustard

Combine all ingredients.

Supervisor Donna M. Torgerson,
Fairmont, Minn.

Sloppy Joe Hamburgers

- 1 cup chopped onion
- 1½ cups chopped green peppers
- 6 tbsps. oil
- 5 lbs. ground meat
- 3 tbsps. salt
- 1 tbsp. pepper
- 1 cup sugar
- 72 ozs. water
- 36 ozs. tomato sauce

Saute onions and green peppers in oil. Brown ground meat and add to vegetables. Add salt, pepper, sugar, water, and tomato sauce. Simmer 1 hour. Serve on hamburger buns. Makes about 30 servings. Note: Ground lamb, elk, and deer meat work well, too.

Deputy Cheryl Anne Graff,
Wallowa, Ore.

Sausage Balls

- 1 lb. hot spiced pork sausage
- 1 lb. sharp Cheddar cheese
- 3 cups biscuit mix

In mixing bowl or food processor, combine sausage and cheese and process until well blended. Add biscuit mix and blend well. Shape mixture into 1-inch balls by rolling between palms of hands. Place on ungreased baking sheet and bake at 375° F. for 10 minutes or until nicely browned. Makes about 100 sausage balls.

Deputy Ileatha F. Crotteau,
Lapeer, Mich.

Watercress Scallops

- 1⅓ lbs. large sea scallops, cut in half horizontally, or whole small bay scallops
- 2 grapefruits, peeled, cut in sections with all white membrane removed, well-drained
- ½ tsp. salt
- ½ tsp. paprika
- ⅓ cup butter or margarine
- ⅓ cup chopped watercress leaves
- Watercress sprigs

Arrange scallops in single layer at one end of greased shallow baking dish; arrange grapefruit sections in single layer at one end of dish. Sprinkle both with salt and paprika; dot with butter. Bake in preheated 350° F. oven about 10 minutes or until scallops are heated through and barely opaque throughout. Arrange scallops and grapefruit sections on warm dinner plates or serving platter. Spoon pan juices over fish and fruit; sprinkle with chopped watercress. Garnish with watercress sprigs. Serves 4.

Supervisor Delores Mae Bean,
Hallock, Minn.

Meats, etc. . . .

Country Captain

- 2 fryers
- 2 cans tomatoes
- ½ lb. almonds, blanched
- 1 box currants
- 2 large green peppers
- 2 large onions
- 1 clove garlic
- ¼ bunch parsley
- 1 tsp. powdered thyme
- ¼ tsp. curry powder
- Salt and pepper, to taste

Chop onion, garlic, parsley, and green peppers fine together. Fry chicken, place in roaster. Leave ½ of the grease in the frying pan and put in chopped vegetables. Simmer 10 minutes. DO NOT BROWN. Add tomatoes, curry powder, salt, and pepper and simmer about 20 minutes. Pour ½ of this mixture over the chicken in the roaster, add ½ of the almonds and the box of currants. Place in a moderate oven, 300° F., bake 1 hour. Add the rest of the almonds to the left over mixture and save to pour over the chicken when serving. Serve with rice. Makes 6 servings.

Supervisor Dolores J. Hackett,
Franklin, Wis.

Gold Nugget Chicken

- 10 ozs. sharp Cheddar cheese
- 4 whole chicken breasts, skinned and boned
- 2 eggs, beaten
- ¾ cup dry bread crumbs
- ¼ cup margarine
- 1 chicken bouillon cube
- 1 cup boiling water
- ½ cup chopped onion
- ½ cup chopped green pepper
- ¼ cup margarine
- 2 tbsps. flour
- 1 tsp. salt
- Pepper, as desired
- 3 cups cooked rice
- 1 4-oz. can sliced mushrooms, drained
- 2 tbsps. chopped pimientos

Heat oven to 400° F. Grease shallow casserole dish. Cut cheese into 8 equal sticks. Split chicken breasts in half; flatten (with edge of saucer or meat mallet) to ¼-inch thickness. Roll each piece around stick of cheese; secure with toothpicks. Dip in eggs, then in bread crumbs. Brown on all sides in margarine. Dissolve bouillon cube in water. Cook onion and green pepper in ¼ cup margarine until tender; add flour, salt, pepper, and bouillon. Cook until thickened. Add rice, mushrooms, and pimientos; pour into prepared dish. Top with browned chicken. Bake for 20 minutes. Serves 8.

Supervisor Cornelia J. Curt,
Neodesha, Kan.

Taco For One

- ¼ lb. ground beef
- ½ tsp. chili powder
- 1 env. tomato cup-a-soup
- ½ cup water
- Corn muffin
- Lettuce
- Cheese
- Tomato

In skillet, brown ground beef; drain. Stir in chili powder and soup that has been blended with water. Cook, stirring constantly, until heated. Serve over corn muffin with lettuce, cheese, and tomato. Makes 1 serving. Recipe can be doubled.

Mrs. Margaret Henderson,
Supreme Oracle,
Rock Island, Ill.

Pizza Meatloaf

- 2 lbs. hamburger
- 1 cup cracker crumbs
- ½ cup chopped onion
- 2 eggs, slightly beaten
- ½ cup grated Parmesan cheese
- 1½ tsps. salt
- 1 tbsp. oregano
- 1 cup milk
- 1 10½-oz. can pizza sauce
- 1 cup Mozzarella cheese

Mix together first eight ingredients and bake 1 hour at 350° F. Remove from oven and remove the grease. Pour pizza sauce and Mozzarella cheese over top. Bake 10-15 minutes more.

Deputy Monna Lou Leach, FIC,
Glyndon, Minn.

Sherry-Baked Garlic Shrimp

- 1½ lbs. large shrimp (12 to 18 per lb.), shelled, deveined, and patted dry
- ½ cup oil (preferably olive)
- 3 tbsps. dry cooking sherry
- 3 large cloves garlic, crushed
- ½ tsp. crumbled thyme
- ¼ tsp. salt, or to taste
- Dash crushed red pepper, or to taste
- Lemon wedges, optional

Arrange shrimp slightly apart in single layer in greased shallow baking dish. Mix remaining ingredients; pour over shrimp. Bake in preheated 400° F. oven, turning shrimp once, for 8 minutes or just until shrimp are pink, firm, and barely opaque throughout. Serve with pan juices spooned over. Makes 4 servings. For Microwave: Arrange shrimp in greased 11 or 12-inch round baking dish with tails toward center. Add oil mixture, cover, and cook on HIGH for 4 to 5 minutes. Let stand 1 to 1½ minutes.

Supervisor Delores Mae Bean,
Hallock, Minn.

Meats, etc. . . .

Microwave Chicken

½ cup butter or margarine
½ cup corn flake crumbs
¼ cup grated Parmesan cheese
1½ tsps. freeze-dried chives
1½ tsps. dried parsley flakes
2½ to 3 lbs. cut up broiler/fryer chicken

Place butter in shallow dish. Microwave at high for 45 seconds to 1¼ minutes or until butter melts. In another dish or on waxed paper, mix corn flake crumbs, Parmesan cheese, chives, and parsley. Dip chicken pieces in melted butter, then in crumb mixture to coat. Arrange chicken pieces, bone side down, on roasting rack. Microwave at Power Level 9 for 13 to 16 minutes or until meat near bone is no longer pink and juices run clear. Rearrange after ½ the time. Let stand 5 minutes.

Supervisor Raymond D. Mittan, Jr., Maitland, Fla.

Herb-Broiled Fish

½ tsp. margarine
⅓ cup melted butter
1 tbsp. grated onion
3 tbsps. lemon juice
¼ tsp. pepper
1 tbsp. chives
2 tbsps. chopped parsley
4 to 6 ozs. halibut, salmon, cod, or swordfish

Preheat broiler. Grease broiler pan with ½ tsp. margarine. Prepare herb sauce by blending all ingredients except fish in a small bowl. Spread ½ of the mixture on fish. Broil 5 to 6 inches from heat for 6 minutes. Turn fish; spread with remaining sauce. Broil for 8 minutes longer or until fish flakes easily.

Supervisor Mary Francis Yarnell, FIC, Visalia, Calif.

Mustard Sauce

¼ cup prepared mustard
3 tbsps. sugar
2 tbsps. butter or margarine
1 tbsp. apple cider vinegar
Minced parsley flakes
2 eggs, beaten

Combine all ingredients except beaten eggs. Cook over low heat until butter is melted. Slowly stir in eggs and cook for 5 minutes over low heat until thickened. Serve warm with fish or chicken.

Supervisor Marilyn H. Tobin, Loveland, Colo.

Swiss Steak

4 lbs. ½ to 1-inch thick steak
Shortening or butter
1 can Campbell's Tomato Bisque Soup
1 can water
1 large onion, sliced
Salt, oregano, and celery salt, as desired

Cut steak into individual pieces. Brown well in shortening or butter, as desired. When well browned, add can of soup, together with can of water and onion. Simmer approximately 1½ hours on top of stove until done. Can also be baked in oven on medium heat for 2 hours. Additional water can be added if needed. Makes approximately 4-6 servings.

Deputy Vera P. Stratton, Boscobel, Wis.

Crab Cakes

1 lb. baked fish
1 cup bread crumbs
1 large egg
¼ cup mayonnaise
¼ tsp. salt
¼ tsp. pepper
1 tsp. Worcestershire sauce
1 tsp. dry mustard
Oil

Bake fish until flaky. Cool; mix together with remaining ingredients. Shape into hamburger-sized patties. Fry in pan with only a little oil until golden brown.

Deputy Joseph Gene Vugrincic, Pittsburgh, Pa.

Stuffed Camel

1 whole camel, medium size
1 whole lamb, large size
20 whole chickens, medium size
60 eggs
12 kilos rice
2 kilos pine nuts
2 kilos almonds
1 kilo pistachio nuts
110 gallons water
5 tbsps. black pepper
Salt to taste

Skin, trim, and clean the camel, lamb, and chickens, and boil until tender. (Be sure the pot is large enough.) Cook rice until fluffed. Fry nuts until brown, and mix with rice. Hard-boil the eggs and peel them. Stuff the chickens with eggs and rice. Stuff the lamb with five of the chickens and some rice. Stuff the camel with the lamb and more rice. Broil in large oven until brown. Spread the remaining mixed rice on a large tray and place the camel on top. Place the remaining stuffed chickens around the camel. Decorate rice with boiled eggs and nuts. And don't worry if there are more guests than expected---the recipe serves 80 to 100.

Deputy Ruth E. Buntrock, FIC, Gaastra, Mich.

Meats, etc. . . .

Party Chicken

1 pkg. smoked sliced dried beef
1 8-oz. container sour cream
1 can cream of chicken soup or 1 can cream of celery soup (for large groups, use both cans)
Bacon
Chicken, skinned

Lay dried beef separately in bottom of pan. Mix sour cream and soup(s) together. Wrap each piece of chicken individually with 1 piece of bacon. Lay chicken on dried beef and pour sour cream and soup(s) mixture over the chicken. Bake at 275° F. for 2 hours.

Dr. Paula Y. Arnell,
Medical Director,
Rock Island, Ill.

Bar B Q Sauce

6 cups white vinegar
1 12-oz. bottle French's hot sauce
1 qt. tomato sauce
6 cups water
1 tbsp. cayenne (red pepper)
1 tbsp. black pepper
2 tbsps. chili powder
3 cups sugar
2 tbsps. salt
1 tbsp. garlic salt
8 tbsps. corn-starch
3 cups cold water

In a very large pot mix all ingredients except cornstarch and 3 cups water. Boil slowly for about 20 minutes. Turn off burner. Mix cornstarch and 3 cups cold water. Add to boiled mixture. Bring to a boil again for 3 minutes. For thicker sauce add more cornstarch, for thinner sauce add more water. For a spicier flavor add more cayenne and/or black pepper. Yield: 12 pts. of sauce. Refrigerate after opening each jar.

Deputy Danny Feuquay,
DuQuoin, Ill.

Hash In The Microwave

1 lb. ground beef or chuck
1 medium onion
1 can cream of mushroom soup
1 can cream of potato soup
½ cup milk
1 can peas

Chop onion and mix with beef. Brown in the microwave for 5 minutes on High (time may vary). Drain. Add soups, milk, and drained peas. Cover and bake at 80% power for 10 minutes. Stir, bake 5 minutes more.

Deputy Barbara Ann Siekman,
Caseyville, Ill.

Pizza By The Yard

1 6-oz. can tomato paste
¼ cup chopped green onion
½ tsp. oregano
1 lb. ground beef
⅓ cup Parmesan cheese
¼ cup ripe olives, chopped
¾ tsp. salt
French bread
Tomatoes, sliced
Green pepper, sliced
Shredded cheese

Mix together first 7 ingredients and spread on sliced French bread. Bake at 400° F. for 20 minutes. Remove from oven and top with tomatoes, green peppers, and cheese. Return to oven for 5 minutes.

Deputy Joseph E. Williamson,
Burlington, Wash.

Lemony Steamed Fish

4 halibut, scrod, or cod fillets, fresh or frozen (1½ lbs.)
1 small onion, finely chopped (¼ cup)
¼ cup chopped parsley
1 tsp. dill weed
1 tsp. paprika
½ tsp. salt
Dash pepper
2 tsps. lemon juice

Center each fillet on 12-inch square foil. Sprinkle with onion, parsley, dill weed, paprika, salt, pepper, and lemon juice. Fold foil over each fillet to make packet; pleat seams to securely enclose. Place on cookie sheet. Bake in preheated 375° F. oven for 30 minutes.

Supervisor Colleen E. Stagner,
Wichita, Kan.

Easy-To-Slice Meatloaf

1 can tomato soup
1 egg
1 cup cracker crumbs
1½ lbs. ground beef
1 onion, chopped
1½ tsps. salt
1 tsp. pepper
1 tsp. prepared mustard
Catsup

Mix ingredients together. Press into loaf pan. Spread catsup over top. Bake at 350° F. for 50 to 60 minutes.

Deputy Elda Clae Uhrig,
Pocatello, Idaho

Scrambled Eggs

4 eggs
2 ozs. milk
3 or 4 slices Cheddar cheese

Place eggs, milk, and cheese in a blender and blend for a few minutes. Pour into a glass dish and cook in a microwave oven until ready.

Supervisor John D. Donohue,
Oak Lawn, Ill.

Meats, etc. . . .

Meat Pie

3 lbs. ground chuck or 4 lbs. hamburger
Onion, sliced
4 or 5 large potatoes, mashed
1 can mushrooms, drained
Salt and pepper, to taste
Pie crust
Butter

Brown hamburger and onion, drain well. Mix meat and mashed potatoes together. Add mushrooms and salt and pepper. If mixture seems a little dry, add a little milk. Put in a pie shell. Add top crust. Make steam holes and add 2 or 3 pats of butter. Bake at 425° F. for 15 minutes. Then bake at 300° F. until hot and bubbly. Serve with gravy. Makes 2 pies.

Deputy Brenda Kay Raber,
Momence, Ill.

Party Brisket

4 to 5 lb. brisket of beef
1 envelope dry onion soup mix
Lemon juice concentrate
Worcestershire sauce

Add enough lemon juice and Worcestershire sauce to onion soup mix to make a smooth paste. Place the brisket in a 9x13x2-inch pan and spread paste over meat. Cover with foil tightly to assure the steam will not escape. Place in a pre-heated 250° F. oven and bake from 4 to 6 hours. Do not peek at meat as this will effect the tenderness!

Supervisor Lois Lucille Brack,
Great Bend, Kan.

Ham Loaf

1 lb. pork sausage
1 lb. ground beef
1 lb. ground baked ham
1 cup milk
1½ cups dried bread crumbs
¾ cup brown sugar
½ cup water
¼ cup vinegar
1 cup buttered bread crumbs, optional

Mix pork sausage, ground beef, ground baked ham, milk, and 1½ cups bread crumbs. Place in baking pan and form into a loaf in center of pan. Mix brown sugar, water, and vinegar and pour over loaf. Bake, uncovered, at 350° F. for 2 hours, basting frequently with sauce. One cup buttered bread crumbs may be placed on top of loaf before serving, if desired.

Deputy Denise Ann Gleason,
Pacific, Mo.

Chicken Wings With Sauce

5-7 lbs. chicken wings
Sauce

Cut chicken wings at joints for easy handling and less mess. Put the tiny ends in freezer to use when making broth as they have so little meat. Marinate wings for 3 to 4 hours (or as long as desired) in a favorite sauce, such as Bar-B-Q sauce, thinned with water; vinegar; dill pickle juice; or a combination of these. Add horseradish or hot mustard to taste. Wishbone Italian Dressing makes a great marinade and sauce by itself. Soy sauce, hot sauce, and sweet and sour sauce all work well. Bake in two 9 x 13-inch pans at 325° F. for about 45 to 60 minutes.

Deputy Barbara Ann Siekman,
Caseyville, Ill.

Ham Salad

1 12-oz. can Spam
1 6-oz. can smoked Spam
¼ cup onion, chopped
½ cup dill relish or chopped pickles
3 hard-boiled eggs, chopped
¾ cup salad dressing

Mash Spam with a fork. Mix together all ingredients. Add enough salad dressing so that it spreads easily.

Deputy Kathlyn M. Trevey,
Midland, Texas

Polynesian Game Hen

2 tbsps. soy sauce
2 tbsps. orange juice
¼ tsp. ground ginger
1 tbsp. brown sugar
Dash garlic powder
1 Cornish game hen, halved

Combine first 5 ingredients and heat gently several minutes. Pour into a non-metallic baking dish and add hen. Marinate about 4 hours (overnight is fine), turning hen occasionally. Broil 15 minutes on each side or bake at 325° F. for 1 hour.

Supervisor Luella Jeanne Heath, FIC,
Newport, Ore.

La Baked Fish

1 lb. unbreaded fish fillets (cod, perch, and haddock are best)
2 cups milk
¼ lb. butter
Salt and pepper, to taste

Place fish in sheet cake pan, making sure they don't overlap. Pour milk over fish. Dab on butter. Salt and pepper to taste. Bake at 350° F. for 15 minutes.

Deputy Cheryl Ann Pink,
Mineral Point, Wis.

Pies

A Morsel for the Mind

Vitamins in spinach do seem such a waste,
When more would be eaten if in pies and cakes.

Karo Pecan Pie

- 3 eggs
- ⅔ cup sugar
- 1 cup dark Karo corn syrup
- ⅓ cup melted butter or margarine
- 1½ cups pecans
- ¾ cup raisins
- ⅓ cup flour
- 1 9-inch unbaked pastry shell

Combine first 4 ingredients. Dredge pecans and raisins in flour. Combine all ingredients and pour into pie shell. Bake at 325° F. for 1 hour. Maple syrup may be substituted for Karo syrup.

Supervisor Sue Taylor,
Loves Park, Ill.

Grandma Smith's Raisin Pie

- 1 cup sugar
- 1 tbsp. flour
- 1 egg
- 1 cup raisins
- 1 cup sour cream or ⅔ cup evaporated milk plus enough water to make 1 cup
- 1 tsp. cinnamon
- 1 tsp. nutmeg

Boil raisins in water and drain. Combine ingredients as listed. Bake in a pie shell until brown. Makes 1 pie.

Supervisor Jolene Mae Smith,
Atlantic, Iowa

Uncooked Cherry Pie

- 1 medium can cherry pie filling
- 1 prepared graham cracker pie crust
- 2 cups whipped cream
- ½ cup finely chopped pecans

Pour cherry pie filling into pie crust. Spread with whipped cream. Sprinkle on nuts. Chill for 2 hours. Serve.

Deputy Dianne C. Deming,
Waupun, Wis.

Impossible Pumpkin Pie

- ¾ cup sugar
- 2 tbsps. butter or oleo
- 2 eggs
- 2 tsps. vanilla
- ½ cup Bisquick baking mix
- 1 13-oz. can evaporated milk
- 1 16-oz. can pumpkin
- 2½ tsps. pumpkin pie spice

Heat oven to 350° F. Grease 9 x 1¼-inch or 10 x 1½-inch pie plate. Beat all ingredients until smooth, 1 minute in blender on high or 2 minutes with hand beater. Pour into greased plate. Bake until knife inserted in center comes out clean, 50 to 55 minutes.

Mrs. Margaret Henderson,
Supreme Oracle,
Rock Island, Ill.

Peanut Butter Pie

- 4 ozs. cream cheese, softened
- 1 cup powdered sugar
- ⅓ cup creamy peanut butter
- ½ cup milk
- 1 pt. dairy whipped topping
- ¼ cup chopped peanuts
- 1 9-inch Graham Cracker Crust

Whip cream cheese until fluffy. Beat in sugar and peanut butter. Slowly add milk; mix thoroughly until smooth. Fold whipped topping into mixture. Pour into pie crust shell. Sprinkle peanuts on top. Freeze. Take out of freezer ½ hour before serving, or less, depending on temperature.

Graham Cracker Crust

- 1¼ cups fine graham cracker crumbs
- ¼ cup sugar
- 6 tbsps. margarine, melted

Mix all ingredients. Press firmly into 9-inch pie plate. Bake at 375° F. for 6 to 8 minutes, or until edges are browned. Cool.

Deputy Richard O. McUmber, Sr.,
Grand Rapids, Mich.

Pumpkin Cream Pie

- 1 pkg. vanilla instant pudding mix
- ⅔ cup milk
- 1 cup pumpkin
- 1 cup whipped topping
- ¼ tsp. each ginger, cinnamon, and nutmeg
- ½ cup chopped pecans

Whip together pudding mix and milk. Add remaining ingredients. Pour into baked or graham cracker pie shell. Refrigerate at least 2 hours. Top with whipped topping and a few chopped pecans.

Deputy Mary Etta Anderson,
Hallock, Minn.

Pies . . .

Fresh Peach Pie

Crust
- 1 box peach or orange Jell-O
- ¾ cup sugar
- 1 cup water
- 2 tbsps. cornstarch
- 6 ripe peaches

Combine Jell-O, sugar, and water. (Save a little water to mix with the cornstarch.) Bring Jell-O mixture to a boil. Add cornstarch mixture and cook until clear. Cool and add peaches. Put in crust and keep in refrigerator. Serve with whipped topping. For 10-inch pie double the ingredients, using 9 peaches.

Crust

- 1 stick margarine, melted
- 1 ¼ cups flour
- 2 tbsps. sugar
- Dash cinnamon

Mix sugar and cinnamon. Add flour then add dry ingredients to butter. Press into pan and bake at 350° F. until light brown. Cool.

Deputy June Elaine Ice,
Carmel, Ind.

Chocolate Pie

- 1 pie crust, browned
- 2 tbsps. cocoa
- ¾ cup sugar
- 2 tbsps. flour
- 1 cup powdered milk
- 1 ½ cups water
- 2 eggs, separated
- 1 tbsp. butter
- 1 tsp. vanilla
- 2 tbsps. sugar

Separate eggs and set whites aside for meringue. Mix cocoa, ¾ cup sugar, flour, and powdered milk in saucepan. Gradually add water. Cook until mixture starts to thicken. Beat egg yolks slightly and add to hot mixture. Continue cooking until thickened. Remove from heat and add butter and vanilla. Pour into pie shell. Beat egg whites with 2 tbsps. sugar and spread over pie filling. Place in oven to brown, then remove.

Supervisor Bettie Joyce Williams, FIC,
Houston, Texas

Rhubarb Custard Pie

- 1 unbaked pie shell
- 4 cups cut-up rhubarb
- 1 ½ cups sugar
- ¼ tsp. salt
- 3 tbsps. sugar
- 2 eggs, unbeaten

Mix dry ingredients. Place 2 cups rhubarb in pie shell. Sprinkle ½ dry mixture over this. Add eggs to the rest of dry ingredients. Beat well. Put the rest of the rhubarb in the shell and pour egg mixture over it. Bake at 350° F. for 1 hour.

Deputy Leah Marie Ottenbacher,
Miller, S. D.

Nine-Minute Fresh Fruit Pie

- 4 cups sliced peaches
- 2 tbsps. cornstarch
- 2 tbsps. water
- ½ cup Karo light corn syrup
- 2 tsps. lemon juice
- 1 cup whipped cream
- 1 baked pie shell

In covered blender, blend 1 cup fruit at high speed for 30 seconds. In 2-qt. saucepan, mix cornstarch and water until smooth. Add mashed fruit, corn syrup, and lemon juice. Stirring constantly, bring to a boil over medium heat. Boil 1 minute. Turn into bowl; cover surface with waxed paper. Cool 1 hour. Fold in remaining fruit. Spread whipped cream onto bottom and sides of pie crust. Fill with fruit mixture. Chill 3 hours or until set.

Deputy Denise Ann Gleason,
Pacific, Mo.

Glazed Strawberry Pie

- 2 baskets strawberries
- ¾ cup water
- 1 cup sugar
- 3 tbsps. cornstarch
- Red food coloring
- Baked pastry shell
- Whipping cream

Wash, hull, and drain strawberries. Place one basket of strawberries in saucepan. Mix sugar and cornstarch, pour over berries. Crush with a potato masher, add water. Bring to boiling point and cook over simmering flame about 2 minutes or until clear. Add enough food coloring to give an attractive bright color. Let cool. Pour mixture over remaining berries. Fill baked and cooled pastry shell. Let set 2 hours. Just before serving top with sweetened, flavored whipped cream.

Mrs. Daisy M. Daniels, FIC,
Supreme Director,
Lancaster, Calif.

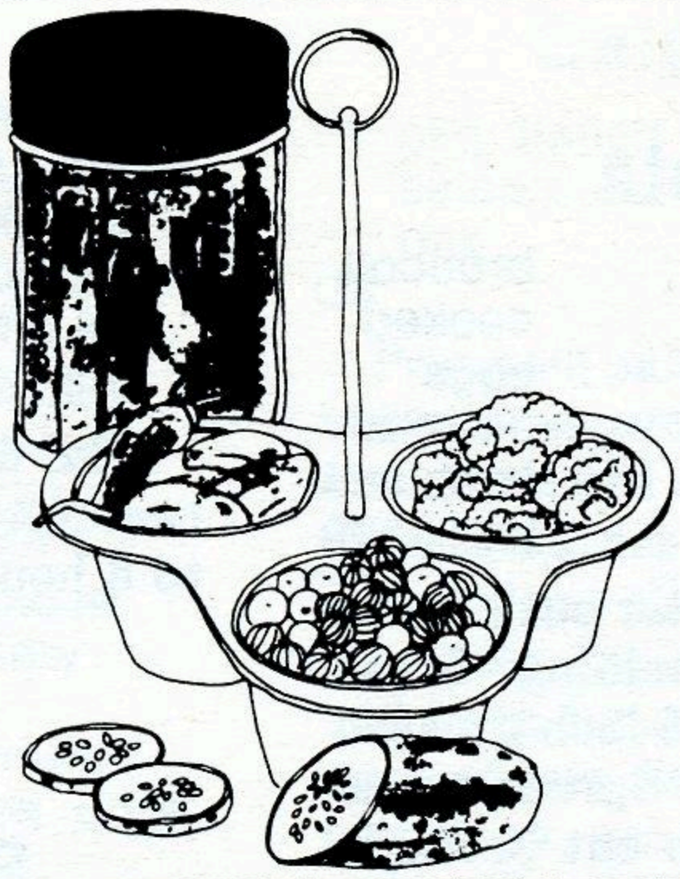
Never-Fail Pie Crust

- 3 cups flour
- Salt
- 1 cup shortening
- 1 egg, beaten (2 eggs if small)
- 1 tbsp. vinegar
- ½ cup water

Sift flour and salt in a large mixing bowl. Mix in shortening a little at a time until mixture resembles coarse meal. Gradually work in beaten egg combined with water and vinegar. Mix just enough to hold together. Roll out on floured board. Makes 2 crusts.

Deputy Beverly J. Hachmeister,
Natoma, Kan.

Preserves, Pickles, Jams, and Jellies



A Morsel for the Mind

A home vibrant with love, happiness, understanding, and good cooking produces all of the vital ingredients for building and preserving the character and the strength of all those who dwell within.

Sweet Cucumber Pickles

1 peck cucumbers
Boiling water
2 tbsps. alum
1½ qts. white vinegar
3 tbsps. salt
12 cups sugar
2 tbsps. mixed pickling spice

Wash and dry cucumbers. Cut off ends and pack into a 2 gal. stone jar. Pour fresh boiling water over cucumbers for 3 mornings. On the 4th morning drain and slice cucumbers. Cover them with alum and boiling water. On the 5th morning, combine vinegar, salt, sugar, and pickling spice and heat. Drain cucumbers and pour hot syrup over them. Drain and reheat the syrup for 4 mornings. On the last morning place slices in jars. Pour hot syrup over pickles and seal. In hot humid weather, shorten each phase to every 12 hours to get the pickles canned quicker.

Deputy Mina Rose Hunt,
Oakland, Ill.

Zucchini Bread And Butter Pickles

5 lbs. zucchini
1½ lbs. yellow onions
1 qt. cider vinegar
2 cups sugar
½ cup salt
2 tsps. celery seed
2 tsps. mustard seed
½ tsp. turmeric

Scrub and slice zucchini ¼-inch thick. Slice onions thinly. Combine vinegar and spices in large kettle. Boil 1 minute. Stir in vegetables and let stand 1 hour. Sterilize 7 pt. jars. Heat zucchini mixture to boiling. Reduce heat and simmer uncovered for 3 minutes. Immediately ladle into hot sterilized jars. Fill each jar and seal as manufacturer directs.

Deputy Veneda Erdeen Serres,
Torrington, Wyo.

Compote Cranberry Sauce

1 pkg. fresh cranberries
3 small tart apples (Jonathans are best), peeled and chopped
2 large oranges, peeled and cut in small pieces
1 cup chopped walnuts or pecans
Water and sugar

Wash cranberries, sort and place in saucepan. Follow directions on package for the amount of water and sugar. Add fruit to the cranberries and cook until the cranberries begin to pop. Remove from heat. Add nuts. May be served warm or chilled.

Supervisor Colleen E. Stagner,
Wichita, Kan.

Tomato Preserves

5 lbs. ripe tomatoes
8 cups sugar
2 lemons
Cinnamon stick, if desired

Scald and peel tomatoes. Place in crock or enameled bowl, add sugar and let stand overnight. Drain off juice and boil juice rapidly until it spins a thread. Add the tomatoes and lemons which have been sliced thin. Cook, stirring frequently to prevent sticking, until mixture is thick and clear. Pack and seal.

Deputy Eva E. M. Wells,
Sheridan, Wyo.

Green Tomato Jelly

5 cups ground green tomatoes
4 cups sugar
1 3-oz. pkg. raspberry Jell-O

Combine green tomatoes and sugar and boil at a low boil for 15 minutes. Remove from stove. Add Jell-O, stir. Pour into jelly glasses and refrigerate. This can also be frozen.

Deputy Joseph Gene Vugrincic,
Pittsburgh, Pa.

Red Hamburger Relish

- 4 cups ground green tomatoes (about 10)
- 4 cups ground cabbage (medium head)
- 4 cups ground onions (about 4)
- 2 cups ground green peppers (4 large)
- 1 cup ground red peppers (2 large)
- ½ cup plain salt
- 4 cups vinegar
- 4 cups sugar
- 1 12-oz. can tomato paste
- 1 tbsp. celery seed
- 2 tsps. turmeric
- 2 to 3 tbsps. cornstarch

Grind vegetables with medium blade. Combine and sprinkle with salt. Let stand overnight. Rinse with fresh water. Drain well. Stir in remaining ingredients except cornstarch. Heat to boiling. Simmer several minutes. Combine cornstarch with water to make thin paste. Add to mixture. Stir until glossy and slightly thickened. Pack into hot jars. Process in hot bath 5 minutes. Makes 8 pints.

Deputy Vicki Jan Karber,
St. Maries, Idaho

Million-Dollar Relish

- 3 qts. ground cucumbers
- ¼ cup salt
- 6 carrots
- 2 green peppers
- 4 onions
- 1 can pimiento
- 3 cups vinegar
- 4 cups sugar
- 1 tsp. turmeric
- 1 tsp. mustard seed
- 1 tsp. celery seed

Soak cucumbers in salt for 3 hours. Drain. Grind carrots, green peppers, onions, and pimiento. Mix vinegar, sugar, turmeric, mustard seed, and celery seed. Mix all of the above ingredients, bring to a boil. Boil 20 minutes. Put in jars and seal while hot.

Deputy Emelia Helland,
Maple Grove, Minn.

Mock Raspberry Jam

- 4 cups green tomatoes
- 4 cups sugar
- 1 6-oz. pkg. raspberry gelatin

Grind tomatoes. Drain well and measure. Add sugar and bring to a boil. Add gelatin and mix well. Simmer for 20 minutes. Remove from heat. Keeps well in the refrigerator for weeks. Also freezes well. Yield: 5 cups.

Supervisor Ardelle G. Newberger, FIC,
Anoka, Minn.

Salad Tomatoes

- 1 pkg. Italian salad dressing mix
- Oil
- Vinegar
- Tomatoes
- Onions

Prepare salad dressing with oil and vinegar, according to package directions, in a wide-mouth qt. jar (or similar container). Slice tomatoes into jar interspersing with a few onion slices until jar is filled and tomatoes are covered with dressing. These will keep for months in the refrigerator so several jars can be prepared when garden tomatoes are ripe. When tomatoes are eaten the dressing is delicious for lettuce salads.

Deputy Eva E. M. Wells,
Sheridan, Wyo.

Bread And Butter Pickles

- 12 large cucumbers
- 3 large onions
- ½ cup salt
- 2 cups cider vinegar
- 4 to 5 cups white sugar
- 1 tbsp. mustard seed
- 1 tsp. celery seed
- 1 tsp. black pepper
- 2 tsps. turmeric

Peel, slice, and soak cucumbers and onions overnight. Cover with water and salt. Drain cucumbers in morning. Combine with rest of ingredients and bring just to a boil, then can. Makes 7 or 8 pints.

Supervisor Sue Taylor,
Loves Park, Ill.

Carrot Relish

- 1 lb. carrots, diced (about 2¾ cups)
- ¼ cup chopped green pepper
- 1 2-oz. jar pimiento, drained and chopped
- ¼ cup vinegar
- 3 tbsps. honey
- 2 tbsps. finely chopped onion
- ¼ cup sugar
- 1 tbsp. all-purpose flour
- ¼ tsp. dry mustard
- ¼ tsp. celery salt
- ¼ tsp. salt

In a medium saucepan cook carrots, covered, in a small amount of boiling water for 10 minutes or until crisp-tender. Drain. Return carrots to saucepan. Add green pepper, pimiento, vinegar, honey, and onion. Combine sugar, flour, dry mustard, celery salt, and salt; stir into vegetable mixture. Cook and stir over medium heat until bubbly. Cook and stir 3 minutes more. Remove from heat. Serve warm or chilled. Makes 2½ cups.

Deputy Kathleen W. Buechel, FIC,
Pittsburgh, Pa.

Burpless Cucumber Pickles

2 qts. cucumbers, peeled and sliced
1 cup green peppers, bite-size
1 cup onions, bite-size
2 tbsps. salt
1 tbsp. celery seed
2 cups sugar
1 cup cider vinegar

Mix together cucumbers, green peppers, onions, salt, and celery seed. Let stand 2 hours. Drain well. Mix together sugar and cider vinegar and pour over cucumbers. Put in jars and refrigerate. May be kept for several weeks.

Mrs. Margaret Henderson,
Supreme Oracle,
Rock Island, Ill.

Carrot-Cucumber Relish

4 to 6 unpared cucumbers, coarsely ground (3½ cups)
6 medium carrots, coarsely ground (1½ cups)
2 medium onions, coarsely ground (1 cup)
2 tbsps. salt
2½ cups sugar
1½ cups vinegar
1½ tsps. celery seed
1½ tsps. mustard seed

Combine ground vegetables; stir in salt. Let stand 3 hours; drain. Combine remaining ingredients and bring to boiling. Add vegetables. Simmer, uncovered, for 20 minutes. Seal at once in hot sterilized jars. Makes 2½ pints. Chill before serving.

Deputy Mary Lou Rambo, FIC,
Missoula, Mont.

Grandma's Plum Jam

Plums
Baking soda
Water
Sugar

Mix plums and baking soda and pour boiling water over (use 1 tbsp. baking soda for each gallon of water). Let set 15 minutes, covered. Drain off and discard liquid. Put fresh cool water on plums and cook until skins pop. Save juice. When plums have cooled, press out pits. Use cup for cup of juice and sugar. Use just enough juice to cover plums. (Use any remaining for jelly.) Cook mixture over low heat. Stir often as jam will scorch easily. When jam has thickened, pour into sterilized jars and seal.

Deputy Marcella Dora Penn,
Buffalo, S. D.

Easy End-Of-Garden Pickles

Cucumbers
Onions
Celery
4 cups sugar
4 cups vinegar
1 tsp. mixed pickling spice

Slice cucumbers (not too thinly), onions, and celery, enough to fill a gallon jar. Cover with cold syrup made of sugar dissolved in vinegar, with mixed pickling spice added. Ready to eat after a week in the refrigerator. Keeps indefinitely in the refrigerator.

Deputy Eva E. M. Wells,
Sheridan, Wyo.

Frozen Pickles

2 qts. sliced pickles
1 large onion
2 tbsps. salt
1½ cups sugar
½ cup cold white vinegar

Dissolve salt in enough water to cover pickles. Add pickles and let stand in the refrigerator for 24 hours. Drain. Dissolve sugar in cold white vinegar. Pour over pickles. Let stand 24 hours in refrigerator. Fill containers and freeze.

Deputy Marilyn Blanche Hales,
Wyaconda, Mo.

Apple Butter

1 qt. apple pulp
2 cups sugar
½ tsp. cinnamon
Dash cloves

Mix all ingredients. Put in an earthen jar. Bake in 350° F. oven for 45 minutes. Put in jars and seal.

Deputy Emelia Helland,
Maple Grove, Minn.

Mom's Piccalilli Relish

32 medium green tomatoes, chopped
1 large head cabbage, chopped
4 medium sweet red peppers, chopped
1 cup chopped onion
½ cup salt
1½ cups packed brown sugar
2 tbsps. mustard seed
1 tbsp. celery seed
1 tbsp. prepared horseradish
4½ cups vinegar

Sprinkle salt over vegetables and mix thoroughly. Let stand 3 to 4 hours. Drain thoroughly and press to remove excess liquid. Add sugar, spices, and horseradish to vinegar. Simmer 15 minutes. Add vegetables and heat to boiling. Pack, boiling hot, into sterilized jars, leaving 1/8-inch headspace. Yield: 7 pints.

Deputy Linda Kay Steen,
Twin Falls, Idaho

Preserves, etc. . . .

Refrigerator Pickles

Cucumbers
- 1 cup chopped onion
- 1 cup chopped green pepper
- 2 cups sugar
- 1 cup vinegar
- 1 tbsp. salt
- 1 tsp. celery seed
- 1 tsp. mustard seed

Slice enough cucumbers to fill a 1 gal. jar. Set aside. Mix remaining ingredients together cold. Pour over sliced cucumbers. Cover and let stand in refrigerator 24 hours before using. Will keep for months in the refrigerator.

Supervisor Eunice Jocelyn Getz,
Potlatch, Idaho

Relish

- 4 cups cabbage
- 4 cups peppers
- 4 cups green tomatoes
- 4 cups onions
- ½ cup salt
- 4 cups water
- 8 cups vinegar
- 6 cups sugar
- 1½ tsps. celery seed
- 1½ tsps. mustard seed

Combine cabbage, peppers, green tomatoes, onions, salt, 2 cups water, and 4 cups vinegar in a pan. Soak 2 or 3 hours. Drain well. Add 4 cups vinegar, 2 cups water, sugar, celery seed, and mustard seed. Simmer for 15 minutes and can.

Supervisor Lillian Lucille Yoho,
Danville, Ill.

Red Beet Jam

- 6 cups beets and juice
- 2 boxes Sure Jell
- ½ cup lemon juice
- 8 cups sugar
- 1 6-oz. box red raspberry Jell-O

Mash beets. Add Sure Jell and lemon juice. Bring to a boil. Add sugar and Jell-O. Boil 6 minutes. Tastes like raspberries.

Deputy Florence Ross,
Roanoke, Ind.

Creamy Cukes And Onions

- 1½ cups mayonnaise
- ½ cup sugar
- 1 tsp. salt
- ¼ tsp. pepper
- ⅓ cup vinegar

Cucumbers
Onions

Mix all ingredients together and add sliced cucumbers and onions. When cucumbers and onions have been eaten, add more to remaining sauce.

Supervisor Mary Lou Sienknecht, FIC,
Lincoln, Iowa

Beet Jelly

- 4 cups beet juice
- 1 pkg. Sure Jell
- 3 tbsps. lemon juice
- 4 cups sugar
- 1 pkg. Jell-O, raspberry, strawberry, or grape

Mix beet juice, Sure Jell, and lemon juice and bring to a full boil. Add sugar. Bring to a full boil again and boil for about 1 minute. Remove from burner and add Jell-O.

Deputy Marlys Jane Olson,
Harvey, N. D.

Idiot Pickles

- 1 qt. dill pickles (or kosher)
- ¾ cup sugar
- ¼ tsp. hot pepper flakes (crushed red pepper)

Drain pickles and cut into serving pieces. Repack pickles into same jar with sugar and pepper flakes. Let stand overnight then turn upside down. Ready in 24 hours.

Deputy Ruth Harmon Rodgers,
Redondo Beach, Calif.

Green Tomatoes Relish

- 1 gal. green tomatoes
- 12 medium size onions
- 6 green peppers
- 4 red peppers
- 6 celery stalks
- ½ cup salt
- 4 cups vinegar
- 6 cups sugar
- 2 tsps. black pepper
- 2 tbsps. mustard seed
- 1 tbsp. celery seed
- 1½ tsps. turmeric
- 2 tsps. ground mustard

Grind tomatoes, onions, peppers, and celery with medium blade. Mix, cover with salt and then with ice. Soak for 3 hours. Wash and drain. Mix vinegar, sugar, pepper, mustard seed, celery seed, turmeric, and ground mustard. Bring to a boil. Simmer 3 minutes. Can in sealed jars. Makes 9 to 10 pints.

Supervisor Elynor M. Bennett,
Jennings, Kan.

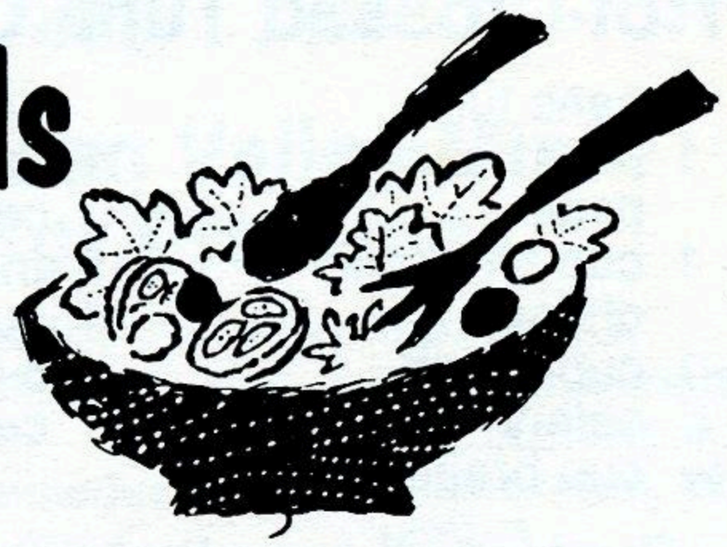
Sweet Dill Chunk Pickles

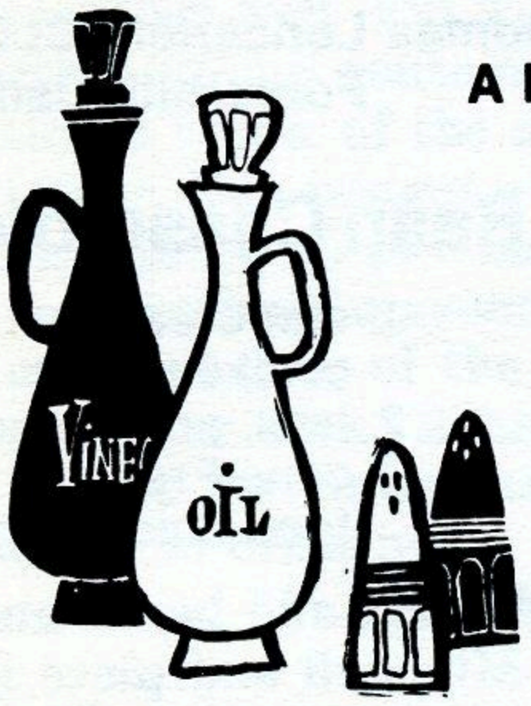
Cucumbers
- 8 bunches dill
- 4 cups sugar
- ½ cup salt
- 1 qt. vinegar
- 1 pt. water
- 1 tsp. alum

Wash and cut cucumbers into chunks to fill 4 qt. jars. Add 2 bunches dill to each jar. Dissolve sugar and salt in water, vinegar, and alum. Bring to a boil. Pour while hot over pickles in jars. Seal.

Deputy Beverly J. Hachmeister,
Natoma, Kan.

Salads and Salad Dressings





A Morsel for the Mind

An apple a day keeps the doctor away; an onion a day keeps everybody away!

You can't bring back your salad days no matter how much "lettuce" you have!

Blueberry Salad

Red raspberry Jell-O
Lemon Jell-O
1 cup hot water
½ cup cold water
1-2 tsps. lemon juice
1 can blueberry pie filling
1 8-oz. pkg. sour cream
½ cup sifted powdered sugar

Mix together Jell-O, water, lemon juice, and pie filling. When the mixture is set, mix sour cream and powdered sugar and spread over top.

Dr. Paula Y. Arnell,
Medical Director,
Rock Island, Ill.

Hot Salad

1 12-oz. can chicken
½ cup mayonnaise
2 tbsps. lemon juice
1 cup diced celery
1 cup cream of chicken soup
4 slices bread, cubed
½ cup sliced almonds
3 hard-boiled eggs, chopped
3 tbsps. onion, chopped
½ tsp. salt
¼ tsp. pepper

Mix all ingredients together and put in a large casserole. Bake at 350° F. for 15 to 20 minutes. Serves 6 to 8.

Supervisor Rose M. Heazlett, FIC,
St. Thomas, N. D.

Pineapple Haystack Salad

1 env. orange flavored "D'zerta"
1½ cups boiling water
1 16-oz. can juice-packed crushed pineapple
6 ozs. cheese, in 1 oz. slices

Dissolve "D'zerta" in boiling water and allow to chill until it starts to congeal. Drain crushed pineapple. Stir in pineapple and spoon into six ½-cup molds. Allow to congeal firmly; then unmold onto lettuce leaf. Cut each slice of cheese into thin strips and stand all of the cheese strips from one slice around each molded salad. This can be made in a dish and cut into 6 squares, putting the cheese slices on top of each square. Serves 6. *Calories:* 1 serving=157 calories. *Fat Controlled Diet:* Prepared as directed, using regular Cheddar cheese, 1 serving=9 grams fat. Using low fat cheese, 1 serving=3 grams fat. *Diabetic and Calorie Controlled Diet:* 1 serving=½ fruit exchange and 1 meat exchange. *Sodium Controlled Diet:* Prepared as directed, using regular Cheddar cheese, 1 serving=200 milligrams sodium. Using low sodium cheese, 1 serving=5 milligrams sodium.

Supervisor Cornelia J. Curt,
Neodesha, Kan.

Jennie's Salad

1 pkg. strawberry Jell-O
1 cup boiling water
1 can crushed pineapple
2 cups grated carrots

Dissolve Jell-O in boiling water. Drain pineapple and combine juice with enough water to make 1 cup and add to Jell-O. Let set until thick, then add crushed pineapple and grated carrots. Chill until set.

Deputy Anna Marie M. Hansen,
Ludington, Mich.

Broccoli Salad

2 large bunches broccoli tops (do not use stems)
½ lb. bacon, browned, drained, and diced
1 cup raisins
1 env. Hidden Valley Dressing

Chop broccoli tops. Add bacon and raisins. Prepare dressing according to package directions. Stir together. Good to make a day ahead. Keeps several days in the refrigerator.

Deputy Joyce Elaine Swalley,
Sioux Falls, S. D.

Hidden Valley Mix For Dressing

2 tsps. instant onion mix
½ tsp. salt
Dash garlic powder
1 tbsp. parsley flakes
½ tsp. M.S.G.
1 cup mayonnaise
1 cup buttermilk, sour cream, or yogurt

Mix instant onion mix, salt, garlic powder, parsley flakes, and M.S.G. together well. Fill Tupperware midgets or other ½ cup containers with mixture putting 3 tbsps. of the mixture into each container. One midget = 1 envelope of dressing. Keeps up to 6 months. To make dressing, combine mayonnaise, buttermilk, and one container of the mix. Stir well with a spoon or fork. Substitute sour cream or yogurt for buttermilk to make different kinds of dressing.

Deputy Velma Leota Stoltz,
Curlew, Iowa

Quick Fruit Salad

1 can fruit cocktail, not drained
1 can pineapple tidbits, not drained
1 can mandarin oranges, drained
1 box instant lemon pudding
1 cup miniature marshmallows
2 bananas
Green grapes
Apple (optional)

Mix together all fruits. Sprinkle 1 box instant lemon pudding over canned fruit. Let stand in refrigerator overnight. Next day, add miniature marshmallows, bananas, and seedless green grapes. An unpeeled apple may be added for color, if desired. Chill and serve.

Supervisor Pearl A. Kling, FIC,
Kenmare, N. D.

Overnight Lettuce Salad

1 head lettuce, chopped
1 head cauliflower, chopped
1 small onion, chopped
2 cups mayonnaise
½ cup sugar
¼ cup Parmesan cheese
1 lb. bacon, crumbled or ¼ cup bacon bits

Layer ingredients in order given in a large bowl. Cover and refrigerate overnight. At serving time, toss and stir well. Recipe is easily cut in half or fourths for smaller amounts.

Deputy Mina Rose Hunt,
Oakland, Ill.

Frog-Eye Salad

1 cup sugar
2 tbsps. flour
2½ tsps. salt
1¾ cups pineapple juice
2 eggs, beaten
1 tbsp. lemon juice
3 qts. water
1 tbsp. cooking oil
1 16-oz. pkg. acini de pepe
3 11-oz. cans mandarin oranges, drained
2 20-oz. cans pineapple chunks, drained
1 20-oz. can crushed pineapple, drained
1 9-oz. carton whipped topping
1 cup miniature marshmallows, optional
1 cup coconut, optional

Combine sugar, flour, and ½ tsp. salt. Gradually stir in pineapple juice and eggs. Cook over moderate heat, stirring, until thickened. Add lemon juice. Cool mixture to room temperature. Bring water, remaining 2 tsps. salt and oil to boil. Add acini de pepe. Cook at rolling boil until acini de pepe is done. Drain acini de pepe, rinse with water, drain again and cool to room temperature. Combine egg mixture and acini de pepe. Mix lightly but thoroughly. Refrigerate overnight in airtight container. Add remaining ingredients. Mix lightly but thoroughly. Refrigerate until chilled in airtight container. Salad may be refrigerated for as long as a week in airtight container. It also may be frozen, though freezing somewhat alters the texture. Makes 25 servings.

Deputy Beverly J. Hachmeister,
Natoma, Kan.

Coleslaw For Freezing

1 medium-size cabbage, shredded
1 tsp. salt
1 carrot, grated
1 green pepper, chopped
1 red pepper, chopped
Dressing

Mix salt and cabbage. Let stand 1 hour. Squeeze out excess moisture. Add carrot and peppers. Pour dressing over slaw mixture. Cover and freeze. Can be refrozen. Thaws quickly for serving.

Dressing

1 cup vinegar
¼ cup water
1 tsp. whole mustard seed
1 tsp. celery seed
2 cups sugar

Combine all ingredients and boil 1 minute. Cool to lukewarm. Pour over slaw mixture.

Deputy Veneda Erdeen Serres,
Torrington, Wyo.

Jen's Pasta Salad

12 ozs. (dry wt.) curly or small shell pasta
3 ozs. feta cheese
1½ -2 cups broccoli
2 medium to large tomatoes
1 medium cucumber
1 or 2 medium carrots
¼ cup green pepper
¼ cup red pepper
(optional)
1 clove garlic or dash garlic powder
Olive oil (one-eighth to one-fourth cup)
Red wine vinegar (one-eighth to one-fourth cup)
½- ¾ tsp. crushed, dried basil
Salt and pepper to taste

Cook pasta according to package directions. Crumble feta cheese into large salad bowl. Chop broccoli into flowers, about 1 to 2 inches in size. Dice green and red pepper. Peel cucumber, if desired, slice thinly. Cut carrots into thin circles and semi-circles. Mince garlic finely. Combine broccoli, carrots, cucumber, peppers, garlic, and quartered tomatoes in bowl with feta cheese. In a small bowl or measuring cup, combine olive oil, red wine vinegar, and basil. Drain cooked pasta. Lightly rinse in cool water. Drain. Mix pasta gently into bowl with prepared vegetables. Stir together with oil/vinegar mixture. Let stand 10 minutes before serving. Serves 4. Preparation time, 30 minutes.

NOTE: Feta is a mildly salty, white Greek cheese.

Deputy Lesley Jayne Hardman,
Portland, Ore.

Coleslaw Freeze

1 medium head cabbage, shredded
1 medium onion, chopped
1 medium carrot, grated
1 green pepper, chopped
1 tsp. salt
1 cup white vinegar
¼ cup water
1 tsp. whole mustard seed
1 tsp. celery seed
2 cups sugar

Mix salt with shredded cabbage; let stand 1 hour. Mix vinegar, water, mustard seed, celery seed, and sugar. Boil 1 minute and cool. Drain cabbage and squeeze out excess moisture. Add carrot, onion, and pepper. Pour dressing over vegetable mixture. Put in container and freeze.

Deputy LaVaun Greta Brittain,
Shelby, Mont.

Orange And Grapefruit Pinwheel Salad

Orange sections, mandarin or regular
Grapefruit sections
Lettuce
Sprigs of watercress, mint, or parsley
Ruby Red Dressing

Arrange orange and grapefruit slices alternately in pinwheel pattern on lettuce on each salad plate. Center with a sprig of deeper green (watercress, mint, or parsley). Serve with Ruby Red Dressing.

Ruby Red Dressing

½ cup currant jelly
¼ cup salad oil
2 tbsps. lemon juice
Dash salt
Few drops onion juice

Beat jelly with a fork until smooth. Add remaining ingredients and beat again until smooth.

Miss Patricia Timm,
Deputy Supreme Oracle,
Rock Island, Ill.

Polynesian Pineapple Dessert

30 Ritz crackers
¼ cup butter or margarine
4 egg yolks
½ cup sugar
2 cups crushed pineapple, undrained
1 3-oz. pkg. lemon gelatin
4 egg whites
½ cup sugar
1 cup whipping cream

Crush or grind crackers into fine crumbs. Mix thoroughly with butter. Set aside ¼ cup of the crumbs for topping. Press remaining crumbs evenly over bottom of a 9 x 12-inch glass dish. (Glass is preferrable because of the pineapple.) Bake at 350° F. for 7 minutes. Set crust aside. Beat egg yolks, then combine with ½ cup sugar and crushed pineapple. Place mixture on medium heat and bring to a boil. Stir constantly. Turn heat to low and continue to stir until mixture is thickened. Add gelatin. Stir immediately until gelatin is completely dissolved. Cool over ice or in the refrigerator until gelatin starts to thicken. Beat egg whites until foamy. Gradually add ½ cup sugar while beating to a soft peak. Carefully fold the beaten egg whites into the pineapple mixture. Pour over the baked crust. Whip cream, sweeten to taste, and spread evenly over the pineapple mixture. Sprinkle the ¼ cup crumb mixture evenly over the whipped cream. Serves 12.

Deputy Mary Etta Anderson,
Hallock, Minn.

Lettuce Salad

- 1 head of lettuce, shredded
- 1 medium onion, chopped
- 1 cup diced celery
- 1 cup chopped water chestnuts
- 1 pkg. frozen peas
- 2 cups mayonnaise
- 1 tsp. sugar
- ½ tsp. salt
- ¼ tsp. pepper
- ½ cup Parmesan cheese, grated
- 1 cup Mozzarella cheese, grated
- 1 can bacon bits

Place first 5 ingredients together in a dish. Mix mayonnaise, sugar, salt, and pepper. Spread over first 5 ingredients. Sprinkle with cheeses and bacon bits. Cover with plastic wrap.

Deputy Ruth J. Nearmyer, FIC,
Denison, Texas

Blackberry Or Huckleberry Jell-O Salad

- 2 cups boiling water
- 1 pkg. raspberry or black cherry Jell-O
- 2 cups cold water
- 1 cup canned milk
- 1 cup sugar
- 1 pkg. unflavored gelatin
- ½ cup water
- ½ cup nuts
- ½ tsp. vanilla
- 1 8-oz. pkg. cream cheese
- 1 cup boiling water
- 1 pkg. raspberry or black cherry Jell-O
- 1 cup blackberries or huckleberries and juice

Mix 2 cups boiling water and 1 pkg. Jell-O. Then add 2 cups cold water. Pour into a bowl and let set. Heat canned milk and sugar. In small bowl, mix unflavored gelatin and ½ cup water. Add nuts, vanilla, and cream cheese. Pour over first layer. Mix 1 cup boiling water and 1 pkg. Jell-O. Add berries and juice. Cool. Pour over previous layers. (Be sure each layer is set before adding next layer.)

Deputy Debra Jean Nulph,
Post Falls, Idaho

Cool Cucumber Dressing

- ½ cup mayonnaise
- ½ cup sour cream
- ½ cup chopped cucumber
- 1 tbsp. green onions
- 1 tsp. parsley
- ¼ tsp. salt
- ¼ tsp. dill weed

Combine all ingredients.

Supervisor Rick Thomas Loncarich, CLU,
Foresthill, Calif.

Pistachio Fruit Salad

- 1 3½-oz. pkg. pistachio instant pudding
- 1 8-oz. container whipped topping
- 2 bananas, sliced
- 2 apples, cut in pieces
- 1 small can pineapple chunks, drained

Mix instant pudding and whipped topping thoroughly. Put in refrigerator for 1 hour. Add the bananas, apples, and pineapple. Ready to serve.

Deputy Connie Fox,
Stockton, Calif.

Colorful Carrot Ring

- ½ cup water
- ½ tsp. chicken bouillon granules, optional (for additonal flavor)
- ½ tsp. salt
- 2 lbs. peeled carrots
- ½ cup softened butter
- 2 egg yolks
- 2 tbsps. brown sugar
- 1 tsp. salt
- ½ tsp. pepper
- Chopped parsley
- Crumbled bacon

In a 3-qt. casserole place water, chicken bouillon granules, ½ tsp. salt, and carrots. Cover and microwave on high for 18 to 20 minutes, rearranging after 9 minutes, until tender. (Conventional method: Cook carrots until tender.) Drain. Press carrots through coarse sieve or run through meat grinder or food processor. To the sieved carrots add butter, egg yolks, brown sugar, salt, and pepper. Generously butter a 1-qt. casserole (or microwave ring). If using a casserole place a glass in the center. Pack carrot mixture around the glass. Cover with plastic wrap, turning one edge back slightly to vent. Microwave at medium high for 8 to 12 minutes until hot. (Conventional method: Place seived carrot mixture in oven-proof ring. Bake at 350° F. for 45 minutes.) Let stand 5 minutes. Then invert on serving plate and garnish with chopped parsley and crumbled bacon.

Deputy Joanne Therese Dempsey,
Hastings, Minn.

Carrot Salad

- 2 lbs. carrots
- 1 can tomato soup
- ½ cup vinegar
- ½ cup sugar
- ½ cup oil
- Green peppers
- Onion slices

Boil carrots in salted water. Drain. Boil together tomato soup, vinegar, sugar, and oil. Mix with carrots. Add green pepper and onion slices. Chill for 1 or more days.

Deputy Ruth Harmon Rodgers,
Redondo Beach, Calif.

Frozen Fruit Salad

1 3-oz. pkg. cream cheese
¼ cup sugar
1 cup sour cream
½ cup crushed pineapple
½ cup apricots
½ cup Queen Anne cherries
3 cups miniature marshmallows
Red food coloring

Mix cream cheese, sugar, and sour cream. Drain juice from fruit. Cut apricots in fourths and cherries in half. Add fruits and marshmallows to cream cheese mixture. Add 5 drops of food coloring. Pour into a 9 x 9-inch cake pan lined with waxed paper. Freeze. Let stand 10 minutes before serving. Serve on a bed of lettuce.

Supervisor Lillian Lucille Yoho,
Danville, Ill.

Taco Salad

1 pkg. taco mix
1 lb. hamburger, browned and drained
4 medium tomatoes
1 small onion
1 can kidney beans, drained
1 green pepper, diced
1 head lettuce, cut in pieces
Mild Cheddar cheese, grated (as much as desired)
1 can black olives
1 small pkg. taco chips
Good Seasons Italian Dressing

Sprinkle browned meat with taco mix, cool in refrigerator. Combine other ingredients except taco chips and dressing. Add cooled meat. Just before serving, add Italian dressing and taco chips.

Deputy Vicki Yvonne Eddy,
Kennewick, Wash.

Potato Salad

12 medium potatoes
12 hard-boiled eggs
1 large onion, diced
1 large green pepper, cut in pieces
3 cups mayonnaise
Pinch cayenne pepper

Boil potatoes in jackets until done; peel and cut in small pieces. Boil eggs and cut in small pieces. Mix potatoes and eggs with remainder of ingredients, except cayenne pepper. Sprinkle cayenne pepper over top. Refrigerate overnight. Serves 12 to 15.

Deputy Edna May Haines,
Taylorville, Ill.

Mixed Vegetable Salad

2 10-oz. pkgs. frozen mixed vegetables
1 can red beans, drained
4 stalks celery, cut fine
1 onion, cut fine
⅔ cup sugar
⅔ cup vinegar
1 tbsp. prepared mustard
1 tbsp. butter or margarine
1 tbsp. cornstarch
1 tsp. salt

Cook mixed vegetables according to package directions and drain. Add red beans, celery, and onion. For dressing, mix together sugar, vinegar, mustard, butter, cornstarch, and salt. Cook and cool dressing. Mix with vegetables. Let stand in refrigerator for 24 hours.

Deputy Charles Stewart Curry,
Crawfordsville, Ind.

Mostaccioli Salad

1 lb. pkg. mostaccioli, cooked and drained
1 onion, sliced and ringed
2 cucumbers, sliced (if large, remove some seeds and cut up smaller)
Green pepper, optional
1½ cups sugar
1½ cups cider vinegar
1½ cups oil
1 tsp. salt
1 tsp. garlic powder
1 tbsp. parsley
1 tsp. Accent
1½ tsps. pepper
2 tsps. yellow prepared mustard

Combine the cooked mostaccioli, onion slices, cucumber, and green pepper. In another bowl combine the remaining ingredients and whisk well with a wire whisk, or use the blender. Pour the dressing over the first mixture. This is best if made ahead and chilled well. This makes a large bowl of salad. For color, some red pepper or 1 small jar pimiento may be substituted for green pepper.

Supervisor Clifford Garriott,
Lincoln, Ill.

Cole Slaw

1 lb. cabbage
1 onion
1 green pepper
½ cup sugar
⅓ cup oil
⅓ cup vinegar
1 tsp. sugar
1 tsp. celery seed
1½ tsps. salt

Coarsely grind cabbage, onion, and green pepper. Sprinkle with ½ cup sugar. Combine oil, vinegar, 1 tsp. sugar, celery seed, and salt. Heat to a rolling boil. Pour over cabbage. Refrigerate overnight.

Deputy Elda Clae Uhrig,
Pocatello, Idaho

Southern Corned Beef Salad

- 1 pkg. lemon Jell-O
- 1 cup hot V-8 juice
- 1 pkg. Knox gelatin
- ½ cup cold V-8 juice
- 1 cup salad dressing
- Dash salt
- 1 can corned beef
- 1 cup diced celery
- 1 tbsp. diced green pepper
- 1 tbsp. minced onion
- Hard-boiled eggs

Dissolve Jell-O in hot V-8 juice. Dissolve gelatin in cold V-8 juice. Add gelatin to hot Jell-O. Add salad dressing and salt and whip with mixer. Add broken-up corned beef. Beat again and stir in celery, green pepper, and onion. Place in a greased mold or pan and insert ¼ hard-boiled egg in each square serving. Serves 10 to 12.

Deputy Frances Gosney Hoover,
Kansas City, Mo.

Nine-Vegetable Salad

- 1 16-oz. can tiny peas
- 1 16-oz. can water chestnuts
- 1 16-oz. can French-cut green beans
- 1 can pimiento
- 1 cup celery
- 1 cup cauliflower flowerets
- 1 green pepper
- 1 carrot
- 1 small onion
- Dash Tabasco sauce
- Dressing, as desired

Drain all canned vegetables. Chop pimiento, celery, cauliflower, green pepper, carrot, and onion into small pieces. Mix all vegetables well. Add dressing and toss. Let stand overnight. Store in a gallon container. Serves 12.

Supervisor Eunice Jocelyn Getz,
Potlatch, Idaho

Leaf Lettuce Or Spinach And Apple Salad

- Leaf lettuce or
- 1 cellophane bag spinach, about 3 cups
- 3 slices bacon
- 1 tart apple
- 1 tbsp. brown sugar
- 1 tbsp. vinegar
- Salt and pepper

Tear up lettuce or spinach and place in a bowl. Cook bacon until crisp, drain off most of the fat. Crumble bacon and set aside. Dice apple and cook in fat for 2 minutes. Add brown sugar and stir. Add vinegar and bring to a boil. Pour over lettuce or spinach and toss well. Sprinkle with bacon, salt, and pepper.

Deputy Sarah Alice Fowler, FIC,
Eugene, Ore.

Macaroni Salad

- 1 8-oz. pkg. elbow macaroni
- 1 cup diced cucumber
- 1 cup sliced celery
- ¼ cup chopped green pepper
- ¼ cup sliced radishes
- 2 tbsps. chopped green onion
- 2 medium tomatoes, diced
- ¾ cup mayonnaise
- 1 tsp. salt
- ¼ tsp. dried whole basil

Cook marcaroni according to package directions, omitting salt; drain well. Combine macaroni and next 6 ingredients, tossing well. Stir together mayonnaise, salt, and basil; toss with macaroni mixture. Cover and chill at least 3 hours. Yield: 8 servings.

Deputy Jean Spain,
Houston, Texas

Frosted Lime Cheese Salad

- 1 cup boiling water
- 1 pkg. lime Jell-O
- 1 cup cottage cheese
- 1 #2 can crushed pineapple, undrained (20 ozs.)
- ½ cup celery, chopped
- ½ cup walnuts, chopped
- 1 3-oz. pkg. cream cheese
- 1 tbsp. mayonnaise
- 1 tsp. lemon juice

Dissolve Jell-O in water, chill until partially set in an 8 x 8 x 2-inch square pan. Add pineapple, cottage cheese, celery, and nuts. Chill until firm. Mix cream cheese, mayonnaise, and lemon juice. Use this to frost Jell-O mixture.

Deputy Betty Lou Fry,
La Porte, Ind.

Spinach Salad

- Spinach, washed and broken into pieces
- 1 red or white onion, sliced thin
- ½ can mushrooms, chopped fine
- Bacon, chopped fine
- 1 boiled egg, sliced
- Dressing

Layer spinach, onion, mushrooms, bacon, and eggs on salad plate. Pour dressing over all.

Dressing

- 1 cup salad oil
- 1 cup vinegar
- 1 cup sugar
- 2 tsps. salt
- 2 tsps. pepper

Mix together all ingredients. Cook for 5 minutes.

Supervisor Lillian Lucille Yoho,
Danville, Ill.

Cauliflower And Pea Salad

1 cup mayonnaise
1 pkg. Hidden Valley Ranch Style Dressing mix
1 10-oz. pkg. frozen peas
1 head cauliflower
1 cup chopped celery
1 cup chopped green onions, with some tops

Mix together mayonnaise and dressing mix and set aside. Boil peas, turn off heat, and rinse in cold water. Break cauliflower into flowerets and add to peas. Add celery and green onions. Mix with mayonnaise mixture and let marinate overnight.

Deputy Frances Ilene Williams,
Decatur, Ill.

Potato Salad

1 doz. eggs
5 to 6 lbs. red potatoes
1 bunch celery
2 to 3 bunches green onions
1 large green pepper
1 qt. jar salad dressing
Salt, to taste
Paprika

Hard boil eggs and boil potatoes. Let cool and then refrigerate. (Can be done ahead of time.) Chop celery, onions, and green pepper into small pieces. Peel and chop eggs and potatoes into bite size pieces (reserving a few egg slices for garnish). Mix all ingredients together well in a large bowl. Add salad dressing and salt while mixing. Garnish with egg slices and paprika. Keep refrigerated until ready to serve. Serves 12.

Deputy Lawrence J. Chiovatero,
Chicago, Ill.

Herb Seasoning (Salt Substitute)

1 tbsp. garlic powder
½ tsp. cayenne pepper
1 tsp. ground basil
1 tsp. ground marjoram
1 tsp. ground thyme
1 tsp. ground parsley
1 tsp. ground savory
1 tsp. ground mace
1 tsp. onion powder
1 tsp. black pepper
1 tsp. ground sage

Combine all ingredients and pour into a salt shaker.

Deputy Joseph Gene Vugrincic,
Pittsburgh, Pa.

Molded Cranberry And Orange Salad

2 cups raw cranberries
2 small oranges
1 tbsp. liquid artificial sweetener
1 tbsp. unflavored gelatin (1 pkg.)
¼ cup cold water
1 cup boiling water

Wash and dry cranberries and oranges. Peel the oranges, removing white membrane and seeds; then dice and add the sweetener. Put the cranberries and 1 orange peel through the coarse blade of a food chopper. Sprinkle the gelatin on the cold water to soften. Dissolve the softened gelatin in boiling water and cool. Add the cranberries and oranges to the gelatin and pour into molds. Chill until firm. Unmold. Serve on lettuce, if desired. Serves 6. *Calories:* 1 serving=33 calories. *Fat Controlled Diet:* Negligible fat. *Diabetic and Calorie Controlled Diet:* 1 serving=1 fruit exchange. *Sodium Controlled Diet:* Negligible sodium.

Supervisor Cornelia J. Curt,
Neodesha, Kan.

Hearty Tuna Salad

1 16-oz. can Italian green beans, drained
1 can tuna, drained
1 cup sliced celery
½ cup mayonnaise
1 tbsp. lemon juice
1½ tsps. soy sauce
Dash garlic powder
1 cup chow mein noodles

Combine all ingredients except chow mein noodles and chill. Before serving, add noodles and toss well.

Supervisor Jolene Mae Smith,
Atlantic, Iowa

Spinach Salad

2 pkgs. frozen spinach (fresh is better)
4 to 5 boiled eggs, chopped
1 cup celery, chopped
½ cup onion, chopped
1½ cups mayonnaise
2 tsps. horseradish
2 dashes Tabasco
1 cup grated cheese

Thaw spinach and squeeze out water. Mix spinach, eggs, celery, and onion. Just before serving, mix mayonnaise, horseradish, Tabasco, and cheese and stir into spinach mixture.

Deputy Leah Marie Ottenbacher,
Miller, S. D.

Bean Salad

- 1 can French-cut green beans
- 1 can wax beans
- 1 can lima beans, optional
- 1 can bean sprouts
- ½ cup chopped onion
- ½ cup salad oil
- ½ cup vinegar
- ¾ cup sugar
- ½ cup green pepper, optional
- ½ tsp. salt
- ½ tsp. pepper

Drain beans well. Mix all ingredients. If lima beans or bean sprouts are used also add ½ tsp. seasoned salt and a dash of garlic salt. Let stand overnight. The longer it sits the better it is. Variation: Substitute 20 drops of Sweeta and ¼ cup of sugar for the ¾ cup of sugar.

Deputy Vicky Yvonne Eddy,
Kennewick, Wash.

Taco Salad

- 1 lb. ground chuck, browned and drained
- Onion, chopped
- Chili powder
- Salt and pepper
- 1 large head lettuce, torn in small pieces
- 2 chopped tomatoes
- 1 can kidney beans, rinsed and drained
- 1 bag taco chips
- 1 bag shredded Cheddar cheese
- 1 large bottle Western dressing

Brown beef and onions, drain, add seasonings, and cool. In a large mixing bowl add remaining ingredients except taco chips and dressing. Just before serving add taco chips and dressing.

Supervisor Karen Ann Gething,
Stevens Point, Wis.

Three-Bean Salad For A Crowd

- ¾ cup sugar
- ⅔ cup oil
- 1½ cups vinegar, distilled
- 2 tsps. salt
- 1 tsp. pepper
- 2 cans green beans
- 2 cans wax beans
- 2 cans kidney beans
- 2 large onions, sliced
- 2 green peppers, diced
- Celery, diced (if desired)

Put first 5 ingredients in saucepan. Heat 5 minutes. Mix remaining ingredients in a bowl. Pour liquid mixture over bean mixture. Cover and refrigerate overnight.

Deputy Kathleen Ann Tarrant,
Mokena, Ill.

Vegetable Salad

- 1 tsp. salt
- 1 tsp. pepper
- 1 tbsp. water
- 1 cup cider vinegar
- ½ cup salad oil
- 1 cup sugar
- 1 cup celery
- 1 cup onion
- 1 cup green pepper
- 1 jar pimiento
- 1 large can French-style green beans, drained
- 1 large can peas, drained
- 1 can white corn

Mix salt, pepper, water, vinegar, salad oil, and sugar. Bring to a boil, then cool. Mix with remaining ingredients. Can be made ahead of time. Keeps well in refrigerator for several days.

Supervisor Ardelle G. Newberger, FIC,
Anoka, Minn.

Peaches-Pudding Salad

- 2 3-oz. pkgs. peach Jell-O
- 1 3-oz. pkg. vanilla pudding (regular)
- 3 cups water
- 2 cups miniature marshmallows
- 1 large can peaches and liquid

Mix Jell-O, pudding, and water. Bring to a boil stirring constantly. Remove from heat and add marshmallows immediately. Stir until marshmallows are melted. Add peaches and liquid. Refrigerate.

Mrs. Bonnie Harwood,
Deputy Supreme Recorder,
Rock Island, Ill.

Buttermilk Salad

- 1 6-oz. pkg. apricot Jell-O
- 1 20-oz. can crushed pineapple
- 2 cups buttermilk
- 1 8 or 9-oz. carton whipped topping

Bring pineapple to boil in saucepan. Stir in dry Jell-O and mix until dissolved. Chill until partially set. Stir in buttermilk. Chill again until partially set. Fold in whipped topping. Refrigerate until firm.

Deputy Marilyn Blanche Hales,
Wyaconda, Mo.

Five-Cup Salad

- 1 cup crushed pineapple
- 1 cup mandarin oranges, drained
- 1 cup miniature marshmallows
- 1 cup coconut
- 1 cup sour cream

Mix all ingredients together.

Mrs. Daisy M. Daniels, FIC,
Supreme Director,
Lancaster, Calif.

Fresh Vegetable Salad

Fresh broccoli
Fresh cauliflower
Fresh carrots
Fresh onions/
green peppers
Radishes
Cherry tomatoes
Water chestnuts
Cucumbers
Salt and pepper
Good Seasons Italian
Dressing mix

Combine vegetables in desired amounts. Salt and pepper to taste. Prepare dressing mix. Toss with vegetables 1 hour before serving.

Supervisor Donna M. Torgerson,
Fairmont, Minn.

Bean Salad

1 can green beans
1 can yellow wax beans
1 can kidney beans
1 small can pimiento, cut fine
½ cup diced celery
1 small onion, cut fine
¾ cup sugar
1 tsp. salt
1 tsp. pepper
½ cup vinegar
½ cup oil

Mix together green beans, wax beans, kidney beans, pimiento, celery, and onion. Mix sugar, salt, pepper, vinegar, and oil. Pour liquid over bean mixture and chill. Better if left overnight.

Deputy Verna Grace Gustafson,
Selby, S. D.

Spaghetti Salad

1 bottle Italian dressing
1 lb. spaghetti, cooked
1 bunch radishes, chopped
1 red onion
1 bell pepper
1 bottle salad dressing

Mix all ingredients together. Use almost whole bottle of salad dressing. Let set for a few hours.

Mrs. Daisy M. Daniels, FIC,
Supreme Director,
Lancaster, Calif.

Applesauce Jell-O

1 3-oz. pkg. cherry Jell-O
1½ cups boiling water
¾ cup cinnamon hearts
½ tsp. lemon juice
Dash salt
1 cup applesauce

Mix Jell-O and boiling water, add cinnamon hearts and melt. Add the rest of the ingredients and refrigerate.

Deputy Marion M. Boettcher,
Fillmore, Wis.

Easy Salad

1 can chunk pineapple
1 can mandarin oranges
2 cups small marshmallows
1 can fruit cocktail
1 pkg. instant lemon pudding

Drain pineapple and mandarin oranges. Mix with marshmallows. Add fruit cocktail, DO NOT DRAIN. Add lemon pudding and mix together. Chill and serve.

Deputy Anna Marie M. Hansen,
Ludington, Mich.

Beet Salad

1 16-oz. can Julienne beets
½ cup beet juice
½ cup vinegar
½ cup water
½ cup sugar
1 pkg. lemon Jell-O
1 tbsp. grated onion
2 tbsps. finely chopped celery
2 tbsps. mustard seed

Drain beets, reserving ½ cup of the juice. Set beets aside. Combine beet juice, vinegar, water, and sugar. Bring to a boil. Add Jell-O. Cool. Add beets, onion, and celery, mix well. Put in a 9 x 9-inch pan, sprinkle mustard seed over top and let set.

Deputy Alice Marie Kimber,
Edmonds, Wash.

French Dressing

1 cup sugar
1 cup oil
⅓ cup white vinegar
1 tbsp. chopped onion
½ cup catsup
1 tsp. celery seeds (optional)
1 tsp. salt
1 tsp. garlic powder

Put all ingredients into blender container and mix until smooth. Makes 2¼ cups.

Deputy Patricia M. Mares,
Watkins, Minn.

Jell-O Salad

1 regular pkg. lemon or lime Jell-O
2 tbsps. vinegar
1 cup drained pineapple, crushed
½ cup grated Cheddar cheese
1½ cups water
2 tbsps. sugar
Dash salt
½ cup whipping cream (Cool Whip)

Combine all ingredients except cheese and cream. Chill until thick and syrupy and fold in cheese and cream and serve. This salad molds very nicely.

Supervisor Luella Jeanne Heath, FIC,
Newport, Ore.

Austrian Cucumber Salad

1 cucumber
1 medium onion
½ tsp. salt
2 tbsps. vegetable oil
2 tbsps. white vinegar
⅓ cup sour cream
Paprika
Fresh parsley

Peel cucumber and onion and cut into thin slices, using a paring knife. In small bowl combine cucumber and onion slices and sprinkle with salt. Combine oil and vinegar and mix until blended. Pour over cucumber and onion slices and cover. Marinate for 2 hours, then drain well. Add sour cream to cucumbers and onions, blend well. Cover and chill for 2 hours. Serve on lettuce. Sprinkle with paprika and garnish with parsley. Serves 6.

Deputy Mathew Thomas Brown,
Mt. Angel, Ore.

Lettuce And Spinach Salad

Spinach
Lettuce
3 eggs, hard-boiled
Bacon, fried crisp
Dressing

Combine spinach, lettuce, eggs, and bacon. Top with Dressing.

Dressing

¾ cup salad dressing
½ tbsp. lemon juice
½ tbsp. white wine vinegar

Combine all ingredients.

Deputy Monna Lou Leach, FIC,
Glyndon, Minn.

Taco Salad

16 ozs. cream cheese
1 pkg. taco seasoning
Lettuce, shredded
Cheddar cheese, shredded
Tomatoes, diced
Black olives, optional
Doritos or taco chips

Blend cream cheese with taco seasoning. Spread mixture on platter. Sprinkle with lettuce, the cheese and tomatoes. Top with black olive slices. Chill. Top with chips before serving.

Deputy Florence E. Zagorski,
Stevens Point, Wis.

Raspberry Vinegar

3 cups distilled white vinegar
10 ozs. fresh or frozen raspberries
1 stick cinnamon, about 3 inches long

In non-aluminum saucepan, combine vinegar, raspberries, and cinnamon stick. Let stand at room temperature 8 hours. Bring mixture to a simmer over medium heat. Remove from heat and strain through fine strainer. Cool and store in tightly capped container. Makes about 3½ cups raspberry vinegar.

Deputy Ileatha F. Crotteau,
Lapeer, Mich.

Bean Salad

1 can kidney beans
1 can wax beans
½ bell pepper
⅔ cup vinegar
⅓ cup sugar
½ cup oil
Salt and pepper

Place beans and pepper in bowl. Mix vinegar, sugar, oil, and salt and pepper and add to beans. Let set for 2 hours.

Mrs. Daisy M. Daniels, FIC,
Supreme Director,
Lancaster, Calif.

Homemade French Dressing

1 cup sugar
1 tsp. dry mustard
⅓ tsp. pepper
1 button garlic clove, chopped fine
1 tsp. salt or 2 tsps. garlic salt
2 tsps. A-1 sauce
1 can tomato soup
¾ cup vinegar
1½ cups salad oil

Combine all ingredients and mix well. Shake well before using.

Deputy Vicki Yvonne Eddy,
Kennewick, Wash.

Sauerkraut Salad

2 cups sugar
1 cup vinegar
1 cup sauerkraut
1 cup bean sprouts
1 cup onion, diced
½ cup green pepper, diced
2 cups celery, diced

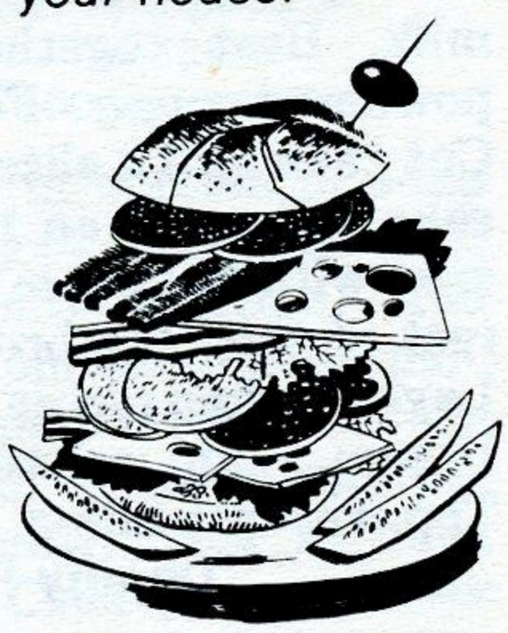
Mix sugar and vinegar and bring to a boil. Drain sauerkraut and bean sprouts. Rinse in cold water and drain again. Mix sauerkraut, bean sprouts, onion, green pepper, and celery. Pour cooled sugar/vinegar mixture over all. Chill overnight. Serves 12.

Supervisor Sue Taylor,
Loves Park, Ill.

A Morsel for the Mind

Etiquette is the noise you don't make while eating soup.

Snow is the peanut butter of nature. It's crunchy, kids love it, and it clings to the roof of your house.



Soups and Sandwiches

Hot Beef Sandwiches

- 7 lbs. chuck roast
- 1 can beef consomme
- 1 tsp. garlic salt
- 1 ½ tsps. onion salt
- ¼ tsp. oregano
- 3 bay leaves
- 1 tsp. Worcestershire sauce
- Pepper to taste
- Loaf of French bread

Roast meat in a covered pan at 250° F. for 7 hours, save juices. After roasting, remove beef and slice thinly. Mix seasonings with consomme and juices. Add thinly sliced beef to consomme and juices. Let simmer ½ hour. Split a loaf of French bread lengthwise. Spread with butter and broil until lightly browned. Add meat to bread, slice off sandwiches and serve with consomme in side dish to use for dipping.

Supervisor Karen Ann Gething,
Stevens Point, Wis.

Donna Mae's Ham Sandwich Spread

- 1 lb. minced ham (or bologna)
- 4 to 6 eggs, boiled
- 5 to 6 sweet or dill pickles
- 8 to 12 slices cheese
- Salad dressing
- Pinch sugar

Grind all ingredients together very fine except salad dressing and sugar. Mix well. Add salad dressing and sugar. Use enough salad dressing so that mixture will spread well. Keeps well in the refrigerator.

Deputy Donna Mae Lieser, FIC,
Eldora, Iowa

Jellied Gazpacho

- 1 env. Knox unflavored gelatin
- 1 ½ cups water, divided
- 1 bouillon cube
- ⅓ cup vinegar
- 1 tsp. salt
- 1 tsp. paprika
- ½ tsp. basil
- ¼ tsp. ground cloves
- ½ tsp. Tabasco sauce
- 1 clove garlic, minced, optional
- 2 tbsps. finely chopped onion
- ¼ cup finely chopped celery
- ½ cup finely chopped green pepper
- 1 ½ cups finely chopped fresh tomatoes
- Sour cream, optional

Sprinkle gelatin on ½ cup of the water to soften. Place over low heat and stir until gelatin is dissolved. Remove from heat, add bouillon cube, and stir until dissolved. Add remaining 1 cup of water, vinegar, and seasonings and mix. Chill in refrigerator or in bowl of ice water to unbeaten egg white consistency. Fold in garlic, onion, celery, green pepper, and tomatoes. Cover and chill at least one hour. Turn into soup cups or bowls and garnish with sour cream, if desired. Variations: 1. Top soup with grated cheese instead of sour cream. 2. Substitute ⅓ cup lemon juice for vinegar. Makes 8 servings, 20 calories each.

Deputy Marth Ann Fincke,
Minneapolis, Minn.

Chicken Crepe-Wich

- 2 cups chopped chicken
- 4 hard-cooked eggs, chopped
- 3 tbsps. minced green onions
- 3 tbsps. chopped ripe olives
- 3 tbsps. sweet pickle relish
- ½ tsp. salt
- ¾ cup mayonnaise
- 12 cooked crepes
- 12 slices cheese

Combine first 7 ingredients well. Spoon about 3 tbsps. into each crepe. Fold crepe and place in a shallow baking pan. Arrange 1 slice of cheese on each crepe. Broil until cheese melts. Makes 12.

All-Purpose Crepe Batter

- 4 eggs
- ¼ tsp. salt
- 2 cups flour
- 2 ¼ cups milk
- ¼ cup melted butter

Combine ingredients in a blender jar. Blend for 1 minute. Scrape down sides with a rubber spatula and blend another minute or until smooth. Refrigerate batter at least 1 hour. Cook on crepe griddle or traditional pan. Makes 32-36 crepes.

Deputy Linda Kay Steen,
Twin Falls, Idaho

Marcia's Potato Soup

- 1 medium onion
- 8 small red potatoes
- 2½ cups water
- 1 stalk celery
- ¼ cup milk
- ¼ cup plain yogurt
- ½ tsp. dill weed
- 3 tbsps. butter
- Salt and pepper, to taste
- Chopped parsley

Melt 2 tbsps. butter in bottom of soup pan. Chop onion and cook in butter until clear. Cut potatoes into quarters. Add potatoes and water to onions in soup pan. Slice celery and add to pan. Cover and cook on medium heat ½ hour or until potatoes are tender. Stir frequently. Stir in milk, yogurt, and dill weed. Cook uncovered for an additional 15 minutes. Stir frequently. Garnish with 1 tbsp. butter and salt and pepper to taste. Finely chopped parsley may be added for color. Makes 4 servings.

Deputy Lesley Jayne Hardman, Portland, Ore.

Lazy Day Soup

- 1 10½-oz. can green pea soup
- 2 10½-oz. cans tomato soup
- 2 10½-oz. cans cream of mushroom soup
- 2 cups milk
- ¾ cup water
- 1½ cups cooking sherry
- 2 8-oz. cans crab meat, drained and diced

In a large saucepan, mix pea soup, tomato soup, mushroom soup, milk, water, and cooking sherry. Cook and stir until blended. Do not boil. Stir in crab meat; heat through. May be refrigerated and reheated. Makes 8 servings.

Supervisor Patrick A. Guiney, Wheeling, Ill.

Cheese Soup

- 1 stick butter or oleo
- 1 lb. Velveeta cheese
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 16-oz. can Veg-all
- 1 large can of Carnation milk
- 1 tsp. Worcestershire sauce
- Salt and pepper to taste

Melt butter and cheese together. Place in crock pot and set on low. Add remaining ingredients and heat in crock pot for up to 1 to 2 hours.

Deputy Catherine M. Butcher, Stewardson, Ill.

Bean Soup

- ½ lb. Great Northern beans
- 3 small potatoes, peeled and diced
- 1 medium long carrot, diced
- 1 medium onion, diced
- 1½ lbs. ham, cut and diced
- 1 ham bone, optional
- 1 tsp. ground black pepper
- 2 qts. water

Put all ingredients in a slow cooker on low heat and cook for 10 to 12 hours or on high heat for 5 to 6 hours.

Deputy Opal Nadine Olson, FIC, Mapleton, Iowa

Tuna Sandwiches

- 2 slices American cheese, cubed
- 3 chopped hard-boiled eggs
- 1 cup tuna
- 1 tbsp. green pepper
- 2 tbsps. minced onion
- 3 tbsps. stuffed olives
- ½ cup mayonnaise (salad dressing)

Mix all ingredients and spread on buns. Wrap each bun in foil. Put in 300° F. oven 15-25 minutes. Onions, peppers, and olives may be varied to taste.

Deputy Marjorie Ann Jaggers, Streator, Ill.

Cold Cucumber Soup

- 4 large cucumbers
- ½ tsp. salt
- ⅓ cup roughly chopped scallions
- ¼ tsp. sugar
- 20 drops wine vinegar
- ¼ tsp. dill
- ½ bunch (handful) watercress
- ½ cup sour cream
- ¼ tsp. ground white pepper
- 7 drops Tabasco sauce
- Sliced cucumber
- Fresh dill

Peel and halve the cucumbers. Use teaspoon to scrape out the seeds. Put seeds in a sieve and let drain, or squeeze juice using cheesecloth. Start food processor using steel blade. Add scallions, cucumbers (roughly chopped), sugar, wine vinegar, dill, white pepper, watercress, juice from cucumber seeds, sour cream, and Tabasco sauce. Salt to taste (½ tsp. is about right). Adjust seasoning, exaggerating since it will be served cold. (It will be more bland when it becomes cold.) Refrigerate 3 to 4 hours or overnight. Garnish with sliced cucumber and fresh dill. Makes four 8-oz. servings.

Supervisor Sandra Mary Becker, Creve Coeur, Mo.

Tuchee Chowder

2 medium carrots, shredded (1 cup)
1 medium onion, chopped (½ cup)
¼ cup butter or margarine
¼ cup all-purpose flour
2 cups milk
2 cups chicken broth (may use canned straight from can or if condensed, dilute according to can directions)
1 6½ or 7-oz. can tuna, drained and flaked
½ tsp. celery seed
½ tsp. Worcestershire sauce
¼ tsp. salt
1 cup shredded American cheese (4 ozs.)
Snipped chives

In large pan cook carrots and onion in butter or margarine until onion is tender but not brown. Blend in flour. Add milk and chicken broth. Cook and stir until thickened and bubbly. Stir in tuna, celery seed, Worcestershire sauce, and salt. Heat through. Add cheese, heat and stir until cheese is melted. Garnish with snipped chives. Makes 4 servings.

Supervisor Phyllis A. Carroll, Indianapolis, Ind.

Tuna Sandwiches

1 6-oz. can tuna
1 apple, chopped
2 small pickles, chopped
1 small onion, chopped
½ cup chopped celery
1 tbsp. lemon juice
Miracle Whip

Put tuna in a colander and pour boiling water over. Rinse with cold water, let drain. Add apple, pickles, onion, celery, and lemon juice. Mix in enough Miracle Whip to spread easily for sandwiches.

Deputy Ruth J. Nearmyer, FIC, Denison, Texas

Salmon Soup

1 can pink salmon
2 qts. milk (2% may be used)
½ stick butter
½ cup instant potatoes
Salt and pepper, to taste

Remove back bone from salmon. Put salmon in a 3 qt. saucepan and mash with fork. Add milk and butter and heat slowly until hot but not boiling. Remove from heat and add instant potatoes and salt and pepper.

Supervisor Carol Ann Small, Fennimore, Wis.

Oatmeal Soup

½ cup oatmeal
3 cups boiling water
1 onion, chopped
4 tbsps. melted butter
4 tbsps. flour
1 can beef broth
1 cup canned tomatoes
Salt, pepper, and sugar, to taste

Combine water and oatmeal. Cook 30 minutes. Brown onion in butter. Add flour, stir until smooth. Add oatmeal, broth, and tomatoes. Mix thoroughly. Season to taste. Simmer until flavors are blended.

Deputy Vera Fraser, White Hall, Ill.

Egg-Drop Soup

6 cups chicken broth
2 tbsps. cooking sherry
1 tsp. sugar
½ tbsp. soy sauce
2 tbsps. corn starch mixed with ¼ cup water
2 eggs, beaten
2 green onions, chopped

In saucepan bring broth, cooking sherry, soy sauce, and sugar to a boil. Reduce heat to medium and stir in cornstarch mixture. Stir until soup thickens slightly. Reduce heat to low. Stirring, slowly pour in eggs; stir until shredded. Add green onions. Serve at once. Serves 6.

Deputy Joseph Gene Vugrincic, Pittsburgh, Pa.

Turkey Pita Sandwich

4 1-oz. whole wheat pita breads
4 ozs. plain or smoked turkey, sliced
½ cup chopped tomatoes
½ cup sliced mushrooms
¼ cup shredded carrots
2 tbsps. and 1 tsp. chopped scallions
½ cup alfalfa sprouts
¼ cup buttermilk
1 tbsp. low-fat plain yogurt
1½ tsps. catsup
1 tsp. mayonnaise
1½ tsps. pickle relish
1½ tsps. chopped parsley

Cut a slit in the top of each pita bread. Place 1 oz. turkey, 2 tbsps. tomato, 2 tbsps. mushrooms, 1 tbsp. carrots, and 1½ tsps. scallion into each pocket. Top each with alfalfa sprouts. In small bowl stir together buttermilk, yogurt, catsup, mayonnaise, relish, parsley, and remaining scallions. Spoon dressing over each sandwich. Serves 4. Contains about 165 calories per sandwich.

Supervisor Lois Jean Hebert, Kankakee, Ill.

Potato Soup

2 medium onions, sliced
1 tbsp. butter
3 potatoes, sliced
½ cup celery, diced
½ cup chicken stock
½ tsp. salt
1 cup milk, scalded
1 cup half and half
Salt to taste
Dash white pepper
Nutmeg, optional

Cook onions in butter until tender. Add potatoes, celery, stock, and ½ tsp. salt. Cover and simmer about 30 minutes or until potatoes and onions are tender. Puree mixture in a blender and return to soup kettle. Add milk and half and half. Heat, add salt and pepper to taste. If too thick, add more milk. Bacon may be sprinkled on top. Makes 6 to 8 servings.

Deputy Donald E. Woods,
Longmont, Colo.

Pizza Sandwiches

8 ozs. Cheddar cheese
1 small can pitted ripe olives
1 stick butter
1 small onion, minced
1 pimiento, minced
2 hard-cooked eggs
½ can condensed tomato soup
Salt to taste
Vienna or French bread

Cut or chop ingredients in mixing bowl. Add soup and seasonings and mix well. Spread on sliced bread and bake at 450° F. for 10 to 12 minutes.

Deputy Hattie Mae Elledge,
El Cerrito, Calif.

Fresh Tomato Soup

¼ cup butter
½ cup chopped onion
¼ cup flour
1 cup water
6 medium tomatoes
1 tbsp. parsley
1 ¼ tsps. salt
1 tsp. sugar
½ tsp. thyme
¼ tsp. pepper
1 bay leaf

Cook onion in butter. Stir in flour until well blended. Gradually stir in water. Add tomatoes and all other ingredients and heat to boiling. Reduce to low; cover and simmer 30 minutes, stirring frequently. If too thick, gradually add small amount of water until reaching desired thickness. Serves 4.

Deputy Barbara Jean McGrath,
Noblesville, Ind.

Broccoli Chowder

1 lb. fresh broccoli
1 can chicken broth
1 ½ cups milk
½ cup cooked ham, chopped
1 tsp. salt
Generous dash pepper
⅓ cup processed cheese, grated
½ cup half and half
2 tbsps. butter or margarine

Cook broccoli, covered, in chicken broth until just tender. Remove broccoli from broth and chop. Add milk, ham, salt, and pepper to broth and bring to a boil, stirring occasionally. Add broccoli and remaining ingredients. Heat to serving temperature.

Miss Carol S. Hicks,
Supreme Recorder,
Rock Island, Ill.

Ham And Potato Chowder

3 lbs. diced potatoes
1 lb. cubed ham
1 qt. water
1 gallon milk
1 cup chopped onion
1 ½ tsps. salt
1 tsp. pepper
¼ cup parsley flakes
½ cup butter or margarine

Combine all ingredients and simmer for 1 hour. Makes 2 gallons of chowder.

Deputy Cheryl Anne Graff,
Wallowa, Ore.

Hearty Beef Soup

12 cups water, divided
1 lb. boneless beef cubes
1 cup chopped onion
3 tbsps. barley
3 tbsps. tomato paste
1 bay leaf
3 cups shredded cabbage
1 bunch parsley, chopped
1 tsp. celery salt
1 tsp. sugar
¼ tsp. salt
¼ tsp. dill weed
¼ tsp. basil
Dash pepper
1 cup frozen mixed vegetables
1 cup frozen cut green beans

In large pot bring 8 cups water to a boil over high heat. Add next 5 ingredients. Reduce heat, cover, and simmer 1 hour and 15 minutes. Add remaining 4 cups water, cabbage, parsley, celery salt, sugar, salt, dill weed, basil, and pepper. Bring to a boil; reduce heat and simmer uncovered for 45 minutes longer. Stir in frozen vegetables and simmer 20 minutes longer or until beef is tender. Discard bay leaf. Serves 4.

Supervisor Lois Jean Hebert,
Kankakee, Ill.

California B-B-Q Beef Sandwiches

- 4 to 6 lbs. chuck roast
- 2 tsps. salt
- ¼ tsp. pepper
- ½ cup water
- ¼ tsp. paprika
- ½ tsp. dry mustard
- ¼ cup lemon juice
- ¼ cup catsup
- ¼ cup white vinegar
- ½ tbsp. Worcestershire sauce
- 3 medium onions, chopped
- 2 cloves garlic, crushed
- 1 8-oz. can tomato sauce
- 2 tbsps. brown sugar
- Few drops Tabasco sauce, optional

Trim fat and bones from roast and cut meat into 3 or 4 large pieces to fit kettle. Place all ingredients in large kettle. Simmer slowly about 6 hours. Towards end of cooking time, break meat with large spoon. Serve on toasted buns. If made in slow cooker, cook on high for 8 hours. Makes large quantity. Freezes well.

Deputy Joanne Therese Dempsey,
Hastings, Minn.

Pinwheel Sandwiches

- 1 pkg. flour tortillas
- Ham salad or other sandwich spread

Spread ham salad or other sandwich spread on each tortilla and roll up. Put in freezer for about 30 minutes to get real cold but not frozen. Cut into ½-inch slices. Place on tray. Each roll will make 8 to 10 slices or sandwiches. Variation: Spread cream cheese on tortilla and cover with sliced lunch meat. Sliced pickles or olives may also be added. Line these up on the edge of the tortilla before rolling, these are in the center when cut.

Deputy Kathlyn M. Trevey,
Midland, Texas

Cucumber Soup

- 3 cups peeled and diced cucumbers
- 2 cups buttermilk
- ½ pt. sour cream
- Fresh dill, finely chopped
- Salt and pepper, to taste

Put cucumbers in blender. Add buttermilk, mixing at low speed. Add other ingredients, mix at low speed just to blend. Serve cold. Serves 6.

Deputy Barbara Jean McGrath,
Noblesville, Ind.

Tuna Burgers

- 1 7-oz. can tuna
- 1 cup chopped celery
- ½ cup chopped black olives
- ½ cup diced American cheese or Cheddar cheese
- ½ cup Miracle Whip salad dressing
- ¼ cup diced or minced onion

Blend above ingredients. Spread generously in small hamburger buns. Wrap in foil. (May hold in refrigerator for hours or use immediately.) Heat in 250° F. oven for 20 minutes. Also reheatable. Great for party as work is done ahead of time. Freeze for impromptu cravings!

Deputy Ardell E. Nickels,
Chicago, Ill.

Broccoli Green Chili Delight

- ⅔ cup diced onion
- ⅔ cup diced celery
- 2 tbsps. oil
- 1 pkg. chopped frozen broccoli, thawed
- 1 can mushroom soup
- ½ cup milk
- 1 cup water
- 1 cup instant rice
- 1 can green chilies
- 1 8-oz. jar Cheese Whiz

Saute onion and celery in oil, add broccoli. Simmer 15 minutes at low heat. Add rest of ingredients, boil for a while. Pour into casserole and bake at 350° F. for 25 to 30 minutes.

Deputy Grace M. Saxe, FIC,
Delta, Colo.

Clam Chowder

- 1 or 2 7-oz. cans minced clams
- 1 cup chicken broth
- 3 to 5 small potatoes, cubed
- 1 tsp. grated onion
- 1 tbsp. butter
- 1 tbsp. flour
- 1 tsp. salt
- Dash pepper
- Dash celery salt
- 2 cups half and half (1 pt.)
- 2 tsps. minced parsley

Drain clams, saving the liquid. Set clams aside. Add clam liquid to chicken broth in saucepan. Add cubed potatoes. Cover and cook until potatoes are tender, about 10 to 15 minutes. Drain potatoes, reserving liquid. Saute onions in butter. Stir in flour, salt, pepper, and celery salt. Cook over low heat until smooth and bubbly. Remove from heat. Stir in potato liquid very gradually. Then add half and half and gradually bring to a boil, boiling 1 minute. Stir in clams. Heat to serving temperature. Sprinkle in parsley.

Deputy Donald Ray Puckett,
Springville, Ind.

Hearty Vegetable Beef Soup

- 1½ lbs. beef shank or stew beef, cubed
- 2 tbsps. shortening
- 2 qts. cold water
- 3 to 4 lbs. beef soup bones
- 1 medium onion, quartered
- 1 tbsp. salt
- 6 sprigs parsley
- 1 bay leaf
- 1 tsp. dried basil
- 5 to 8 carrots, sliced
- 2 cups cut green beans
- 2 cups canned tomatoes, undrained and chopped
- 2 cups chopped cabbage
- ½ cup chopped celery
- 1 cup corn kernels
- 1 cup diced potatoes
- ½ cup barley or rice

Brown half of the meat in hot shortening in bottom of large stock pot. Add cold water, remaining meat, soup bones, onion, and salt. Bring to a boil and then cook slowly for 2 hours. Add vegetables and continue cooking for 1 hour. Makes 8 to 10 servings.

Deputy Robert D. Kasmerchak,
Schofield, Wis.

Open-Faced Sandwiches

- 2 cans deviled ham
- ½ lb. Cheddar cheese, grated
- 1 small onion
- 1 beaten egg
- Toasted raisin bread

Mix all ingredients together and spread on toasted raisin bread. Broil for a few minutes and serve.

Deputy Velma Leota Stoltz,
Curlew, Iowa

Russian Cabbage Soup

- 3 cups chicken broth
- 3 cups water
- ½ cup shredded pared carrots
- ½ cup chopped celery
- 1 potato, pared and diced
- ½ cup chopped onion
- 1 16-oz. can stewed tomatoes
- 2½ tsps. salt
- 1 bay leaf
- 4 peppercorns
- 3 cups shredded cabbage
- ¼ cup lemon juice
- 1 tbsp. sugar

Combine chicken broth, water, carrots, celery, potato, onion, tomatoes, salt, bay leaf, and peppercorns in large kettle. Cover. Simmer for 1 hour, stirring occasionally. Add cabbage and simmer 10 minutes longer. Stir in lemon juice and sugar. Heat. Serves 6 to 8.

Deputy Joseph Gene Vugrincic,
Pittsburgh, Pa.

Po-To Soup

- 4 cups cubed potatoes
- 3 medium tomatoes, peeled and chopped (2 cups)
- 1 cup chopped carrot
- 1 cup chopped celery
- 3 10½-oz. cans condensed beef broth
- 1 small bay leaf, optional
- 2 slices pumpernickel bread
- 1 cup dairy sour cream

In large saucepan combine first 6 ingredients. Bring to boiling. Reduce heat; cover and simmer 20 minutes or until vegetables are tender. Meanwhile, cube bread. Place bread cubes on baking sheet. Toast in 350° F. oven for 10 minutes. Set aside. Remove bay leaf from soup. Top each serving with toasted bread cubes and a dollop of sour cream. Makes 8 servings.

Supervisor Phyllis A. Carroll,
Indianapolis, Ind.

Mother's Pizza Sandwiches

- Day-old bread
- Butter
- Cheddar or pizza cheese
- Ground beef, browned
- Oregano
- Tomato paste or sauce
- Parmesan cheese

Butter day-old bread on 1 side and lay buttered side on cookie sheet. Shred Cheddar or pizza cheese and cover bread. Add ground beef sprinkled with oregano. Cover with tomato paste or sauce. Sprinkle generously with Parmesan cheese. Bake at 350° F. for 20 minutes. Let sit briefly before serving.

Supervisor Mary S. Hardy,
Sergeant Bluff, Iowa

Chicken Vegetable Rice Soup

- Backs and wings from 5 or 6 chickens
- 2 cups diced carrots
- 2 cups diced celery
- 1 cup dry rice
- 2 tsps. salt

Place chicken backs and wings in a large kettle and add water. Boil until meat comes off the bone. Remove meat from the bones and place the meat back into the kettle with the chicken stock. Add the diced carrots and celery and cook at a low boil until the vegetables are almost done. Add rice and salt and cook at a low boil until the rice is done. Makes 4 to 6 servings.

Deputy Kenneth J. Elliston,
Pendleton, Ore.

Cream Of Tomato Soup

2 cups cooked tomatoes
½ tbsp. minced onion
½ tsp. pepper
2 tsps. sugar
Salt, optional
2 tbsps. butter
2 tbsps. flour
1 qt. milk, scalded (use some of the milk for thickening)

Combine tomatoes, onion, pepper, sugar, and salt. Cook 15 minutes. Gradually add butter, flour, and milk. Save some of the milk to use for thickening. Thicken as desired. Serve.

Deputy Louise Rose Kennedy,
Wabasha, Minn.

Grilled Reuben

4 1-oz. slices 100% whole wheat bread, toasted
Prepared mustard
8 ozs. cooked turkey, sliced
8 ozs. drained sauerkraut
4 ozs. Swiss cheese, sliced

Cut each slice of toast in half, making 8 half pieces of toast. Spread 4 of the half slices of toast with prepared mustard. Arrange cooked turkey slices on halves of toast with prepared mustard. Top turkey with drained sauerkraut and Swiss cheese. Cover with other half pieces of toast. Wrap in aluminum foil. Place in a 400° F. oven for 15 minutes or until cheese has melted and starts to brown.

Makes 4 servings: 1 serving = 1 oz. bread = 1 portion bread or grain products required for each meal. 2 ozs. turkey AND 1 oz. cheese = 3 protein portions required for dinner.

Deputy Sandra Kay Peterson,
Appleton, Wis.

Zucchini Soup

1 onion, chopped
1 tbsp. butter
5 cups chicken stock
6 medium zucchini, diced
1 sprig celery
Parsley
Salt and pepper
Thyme
Tarragon

Saute onion in butter until soft. Add remaining ingredients. Cook until tender. Cool. Puree in blender. Soup is thick and creamy. Serves 6. To make it rich and fattening, add cream.

Supervisor Rick Thomas Loncarich, CLU,
Foresthill, Calif.

Crescent Denver Sandwich Squares

1 8-oz. can crescent dinner rolls
1 cup shredded Cheddar cheese (4 ozs.)
1 10¾-oz. can condensed cream of onion soup
4 eggs
1 3-oz. pkg. sliced ham, diced (⅔ cup) or 1 cup cubed cooked ham
2 tbsps. chopped green pepper
Paprika

Preheat oven to 350° F. Separate crescent dough into 2 rectangles. Place in ungreased 13 x 9-inch pan. Press over bottom and ½-inch up the sides to form crust, sealing perforations. Sprinkle cheese over crust. In medium bowl, beat soup and eggs. Stir in ham and green pepper. Pour over crust; sprinkle with paprika. Bake 30 to 35 minutes until crust is golden brown and filling is set. Cut into squares.

Supervisor Gregory T. Blasnig,
Springfield, Mo.

Tuna Burgers

1 can tuna, drained
½ cup cheese
2 or 3 dill pickles, chopped
Onion, optional
Salad dressing

Mix all ingredients. Put on buns and wrap buns in aluminum foil. Heat in oven for 15 to 20 minutes at 350° F. These are very good.

Deputy Donna Mae Lieser, FIC,
Eldora, Iowa

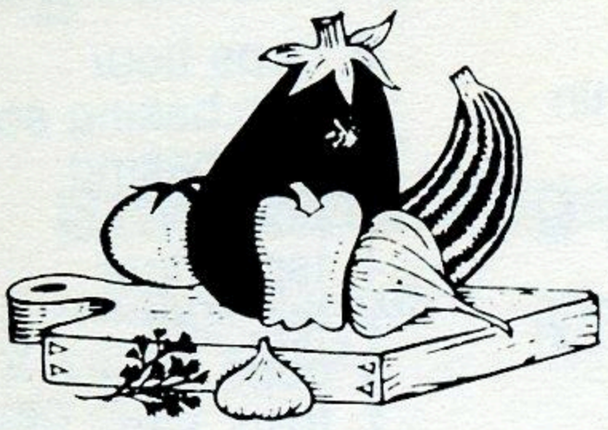
Butter Bean Chowder

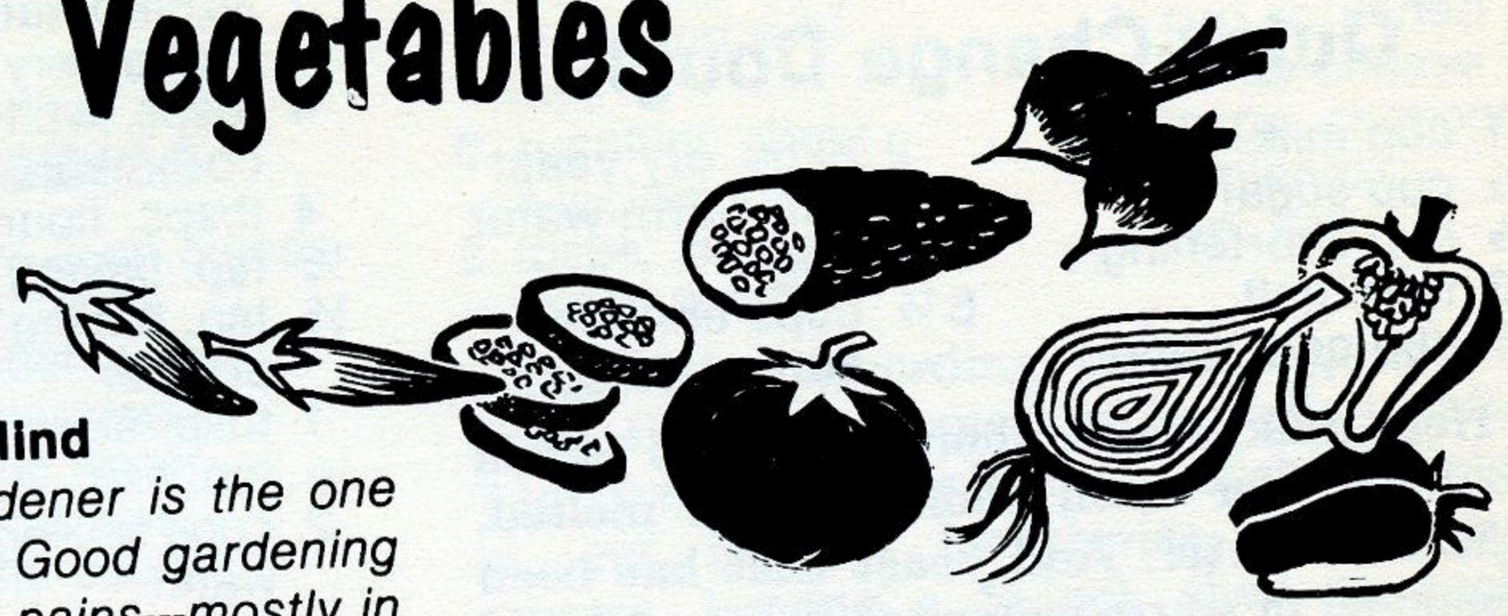
1 cup pared diced potatoes
½ cup chopped onion
1 tsp. salt
1 cup water
1½ cups milk
½ cup chopped green pepper
1 tbsp. butter
2 tsps. flour
1 16-oz. can tomatoes, broken up
1½ cups cooked, sliced carrots
1 15½-oz. can butter beans

In saucepan, combine potatoes, onion, salt, and water. Cover and cook 20 minutes or until potatoes are tender. Stir in milk. In skillet, melt butter; add green pepper and cook 3 minutes. Stir in flour. Add tomatoes, butter beans, and carrots; heat until hot. Add to potato mixture. Heat over low heat to serving temperature. Do not boil. Makes 6 servings.

Deputy Dianne C. Deming,
Waupun, Wis.

Vegetables





A Morsel for the Mind

The happy backyard gardener is the one who prepares for plot luck. Good gardening is largely a matter of taking pains---mostly in the small of the back.

Kraut Ranza

Bread dough (makes 18):
- 2 cups warm water
- 1 tbsp. dry yeast
- 3 tbsps. sugar
- 1 tsp. salt
- 5 cups flour
- 3 tbsps. margarine, melted and cooled

Filling

Dissolve yeast in warm water. Stir in sugar and salt, then flour and margarine. Mix with spoon until smooth. Turn onto floured board. A little more flour may have to be added just so dough will handle easily. Knead about 5 minutes until dough is smooth. Put into a greased bowl, turn dough with greased side up. Cover with cloth, let rise until double. Prepare Filling. Punch down dough. Divide into 2 equal parts. Roll each into a 12-inch square then cut into nine 4-inch squares. Portion filling onto dough squares. Bring opposite corner of dough square together, being careful not to stretch dough. Pinch edges to seal. Turn rounded side up and place on greased baking sheet, leaving space between each. Let rise. Bake at 375° F. for 20 minutes or until nicely browned. Remove to rack and brush with melted butter.

Filling

- 1 lb. lean hamburger
- ¾ lb. cabbage, chopped
- ½ lb. onion, chopped
- 1 #2½ can sauerkraut
- ½ tsp. salt
- ½ tsp. garlic salt
- Pepper, to taste
- 1 or 2 drops liquid smoke

Crumble hamburger into skillet. Brown, drain off fat. Simmer kraut about 30 minutes, drain off extra juice. Saute cabbage and onion in a little margarine until golden. Blend hamburger, kraut, cabbage, onions, and seasonings. Cool.

Deputy Norman Stanley Ott,
Irby, Wash.

Creamed Green Beans With Onions

- 3 tbsps. butter
- 2 tbsps. flour
- 1 tsp. dry mustard
- 1 tsp. salt
- ¼ tsp. pepper
- 1 cup half and half
- 1 20-oz. pkg. frozen whole onions (small), thawed and drained well
- 2 9-oz. pkgs. frozen French-style green beans, thawed and drained well
- 12 slices American cheese
- ½ cup chopped walnuts

Melt butter in a saucepan. Stir in flour, mustard, salt, and pepper. Cook and stir over low heat until mixture is bubbly. Slowly stir in half and half. Stir in vegetables. Place ⅓ of the mixture in an 8-inch square baking dish. Top with 4 slices of cheese. Repeat layers twice ending with cheese. Top with nuts and bake at 350° F. for 35 minutes. Can be prepared the day before and refrigerated. If refrigerated, bake at 350° F. for 45 minutes.

Deputy Verna Jean Bortle,
Page, N. D.

New Zealand Corn Curry

- 3 tbsps. butter or margarine
- 2 tbsps. chopped green pepper
- 1 tbsp. instant mixed onion, minced
- 1 10-oz. pkg. frozen corn
- ½ tsp. salt
- ½ tsp. curry powder
- Dash pepper
- ½ cup sour cream

Melt butter in an 8-inch fry pan. Saute green pepper and onion about 1 minute over medium heat, stirring with a turning fork. Add corn, salt, curry powder, and pepper. Cover and simmer 8 to 10 minutes or until corn is tender. Stir in sour cream and heat, stirring constantly. Serves 4.

Deputy Mathew Thomas Brown,
Mt. Angel, Ore.

Stir-Fried Vegetables

- 2 medium carrots
- 2 celery stalks
- Salad oil
- 1 medium onion, sliced thin
- 1 medium bunch broccoli, cut into 2 x 2½-inch pieces
- ½ lb. large mushrooms, quartered
- ¼ cup water
- 1 ¼ tsps. salt
- ½ tsp. sugar

Cut carrots and celery into 3-inch lengths, then into matchstick-thin strips. In 5-qt. Dutch oven or 12-inch skillet over high heat, in hot salad oil, cook carrots, celery, onion, and broccoli. Stir quickly and frequently, about 3 or 4 minutes. Add mushrooms with water, salt, and sugar. Cook covered 5 to 6 minutes longer, until vegetables are tender-crisp, stirring occasionally. Serve.

Supervisor Pearl A. Kling, FIC,
Kenmare, N. D.

Saucy Baked Beans

- 1 ½ cups finely chopped onion
- 4-6 slices bacon, diced
- 4 1-lb. 5-oz. cans pork and beans
- 1 cup barbecue sauce
- ½ cup firmly packed brown sugar
- 3 tbsps. prepared mustard

Saute onions and bacon in large saucepan until lightly browned. Stir in remaining ingredients. Bring to a boil; then simmer at least 15 minutes, stirring occasionally. (Or bring mixture to a boil; then pour into casserole or baking pan and bake at 425° F. about one hour or until bubbly.)

Miss Priscilla Ann Curtis,
Supreme Director and Editor,
Rock Island, Ill.

French Peas

- 4 slices bacon
- 1 tbsp. flour
- 1 cup light cream
- 1 10-oz. pkg. frozen peas
- 1 cup mushrooms
- 1 tbsp. onion
- Salt and pepper

Fry bacon and drain. Reserve enough drippings for white sauce. Stir in 1 tbsp. flour, add cream slowly and stir until heated and slightly thickened. Add cooked peas, mushrooms, and onion. Salt and pepper to taste. Garnish with crumbled bacon.

Deputy Dorothy May Eissinger,
Parshall, N. D.

Stuffed Zucchini

- 1 6-oz. pkg. long grain and wild rice
- 6 zucchini, about 8-inches long
- 2 tbsps. sliced green onion
- 1 tbsp. butter
- 1 cup shredded Swiss cheese
- 2 tbsps. chopped pimiento
- 1 tsp. salt

Cook rice according to package directions. Cook whole zucchini in boiling water 7 to 10 minutes; drain. Cool zucchini slightly, cut in half lengthwise. Scoop out centers, leaving a ¼-inch shell on each. Finely chop scooped out centers and cook with onion and butter until tender. Stir in cooked rice, cheese, pimientos, and ½ tsp. salt. Sprinkle zucchini shells with remaining salt; fill with rice mixture. Sprinkle tops with cheese. Arrange in shallow baking pan. Cover with aluminum foil and bake in 350° F. oven for 20 to 25 minutes.

Supervisor Cornelia J. Curt,
Neodesha, Kan.

Vegetable Bake Dish

- 1 No. 2 can tomatoes
- 3 tbsps. tapioca
- 3 tbsps. sugar
- 1 tsp. salt
- Dash pepper
- 2 cups celery
- 2 cups raw carrots
- ½ sliced green pepper
- 1 can green beans
- Buttered crumbs

Mix tomatoes, tapioca, sugar, salt, and pepper together and heat until it starts to get slightly thick. Layer in casserole: celery, carrots, green pepper, and drained green beans. Pour tomato mixture over the vegetables and cover with buttered crumbs. Bake uncovered at 350° F. for 2 hours.

Deputy Robert D. Kasmerchak,
Schofield, Wis.

Zucchini Mock-Pineapple

- 1 gallon zucchini, peeled, cored, and coarsely ground
- 1 46-oz. can unsweeted pineapple juice
- 2½ cups sugar
- 1½ cups lemon juice
- 2 tsps. pineapple extract

Combine all ingredients except extract; simmer for 20 minutes. Add extract. Freeze or pack into pint jars and process by boiling water bath for 20 minutes. Yield: 8 to 10 pints.

Supervisor Kathryn A. Russell,
Newman Lake, Wash.

Apricot Squash Rings

2 acorn squash
1 12-oz. can apricot nectar
1 tbsp. packed brown sugar
1 tbsp. lemon juice
Parsley

Cut ends from acorn squash and slice into ½-inch rings, removing center of seeds, etc. and peel. Pour apricot nectar over squash rings in a skillet and bring to a boil. Reduce heat and simmer 10 minutes. Turn squash rings and simmer 10 minutes more until tender. Remove squash rings, placing them in a serving dish. Stir brown sugar into cooking liquid. Stir 3 minutes until slightly thickened. Remove from heat. Stir in lemon juice and pour over squash rings. Garnish with parsley. Serves 4.

Miss Patricia Timm,
Deputy Supreme Oracle,
Rock Island, Ill.

Baked Hash Brown Potatoes

2 lbs. shredded hash brown potatoes
½ cup melted margarine
1 tsp. salt
½ tsp. pepper
2 tsps. minced onion
2 tsps. parsley flakes
1 can cream of chicken soup
1 pt. sour cream
2 cups (8 ozs.) shredded cheese
¼ cup melted butter or margarine
2 cups crushed corn flakes

Thaw potatoes. Mix first eight ingredients and put in 9 x 13-inch pan. Sprinkle shredded cheese on top. Add melted margarine and top with corn flakes. Bake covered at 350° F. for 45 minutes to 1 hour. Uncover and bake 10 to 15 minutes longer.

Mrs. Terry Lane,
Treasurer,
Rock Island, Ill.

Zucchini Patties

3 cups zucchini, grated
1 cup Bisquick
½ cup Cheddar cheese, grated
3 tsps. parsley
Salt and pepper
Garlic
Grated onion

Mix zucchini, Bisquick, cheese, and parsley together. Add salt and pepper, garlic, and grated onion to taste. Form into patties and cook in oil.

Deputy Marjorie Ann Jaggers,
Streator, Ill.

German Hot Potato Salad

6 medium potatoes, cooked in jackets
6 slices bacon
¼ cup finely minced onion
2 tbsps. sugar
2 tsps. salt
⅓ cup vinegar
¼ cup water
2 tbsps. minced parsley, optional
2 tbsps. finely chopped green pepper, optional
¼ tsp. pepper, optional

Peel and dice potatoes. Set electric fry pan temperature control at 325° F. Fry bacon until crisp, remove from pan. Dip off all but 1 tbsp. bacon grease. Reduce heat to simmer. Saute onions in grease. Add potatoes, salt, pepper, vinegar, sugar, and water. Mix together in fry pan and heat thoroughly. This mixture will thicken as it heats. Sprinkle crumbled bacon and parsley over mixture.

Deputy Norman Stanley Ott,
Irby, Wash.

Cabbage Scramble

1 tbsp. butter or margarine
3 cups shredded cabbage, green or red
1 cup thinly sliced celery
1 medium green onion, sliced
½ cup green pepper, cut into thinly strips
2 cups diced tomatoes
½ tsp. salt
Dash pepper

In large skillet, heat butter slightly. Add remaining ingredients. Cook slowly for 5 to 8 minutes, covered, until tender. Makes 4 servings.

Mrs. Doris L. Risdall, FIC,
Supreme Director,
Veteran, Wyo.

Olandska Kroppkakor (Potato Dumplings)

6 cups grated potatoes
4 cups flour
2 tsps. salt
½ lb. salt pork, diced
1 onion, diced

Mix potatoes, flour, and salt together, mixture should be firm enough to shape into a 3 to 4-inch ball. Mix salt pork and onion together and press 1 tsp. of the mixture in center of potato mixture. Keep a pan of water handy in which to dip hands. Place dumplings in boiling water and boil gently for 1½ hours. Drain well and serve with butter. Serve leftovers by slicing dumplings and frying them in butter.

Deputy Anna Marie M. Hansen,
Ludington, Mich.

Festive Potatoes

- 6-7 potatoes
- 1 cube margarine
- 2 cans cream of chicken soup
- 1½ cups grated Cheddar cheese
- ½ cup grated onion
- 1 pt. dairy sour cream
- 1 cup crushed corn flakes
- 2 tbsps. butter, melted

Boil 6 or 7 potatoes in jackets. Cool and grate. Heat together margarine, cream of chicken soup, grated Cheddar cheese, grated onion, and sour cream. Blend and mix into potatoes. Put into 9 x 12-inch pan. Cover top with crushed corn flakes and melted butter. Prepare and store in refrigerator overnight. Bake in 350° F. oven for 1 hour.

Deputy Elda Clae Uhrig,
Pocatello, Idaho

Zucchini Torte

- 6 medium zucchini squash
- 2 medium onions
- 5 cloves garlic
- ½ cup fresh chopped parsley
- 5 eggs
- 2 cups bread pieces
- ½ cup cracker crumbs
- 1 cup Parmesan cheese
- 2 tbsps. oil
- Salt and pepper

Saute onions, garlic, and parsley in oil for about 5 minutes. Wash and cut zucchini in chunks and add to onion mixture. Cook for about 45 minutes or until zucchini is almost done. Mix eggs, bread, crackers, and Parmesan cheese with zucchini and seasonings. Put into 9 x 12-inch baking dish. Sprinkle Parmesan cheese over top of mixture and bake for about 30 minutes or until top is slightly brown.

Deputy Connie Fox,
Stockton, Calif.

Fire And Ice

- 6 large tomatoes, cut in chunks
- 6 large green peppers, cut up
- 5 or 6 red onions, sliced in rings
- ¾ cup white vinegar
- 1½ tsps. celery seed
- ½ tsp. salt
- ½ cup sugar
- Dash red pepper
- Dash pepper
- ¼ cup water

Boil vinegar and spices 1 minute. Pour over tomatoes, onions, and peppers while hot. Cool. Serve as salad or vegetable.

Supervisor Mary Lou Sienknecht, FIC,
Lincoln, Iowa

Broccoli With Deviled Cream Sauce

- 3 lbs. fresh broccoli (or 3 pkgs. frozen)
- 2 tbsps. margarine
- 2 tbsps. flour
- 1½ tsps. dry mustard
- 1 tsp. brown sugar
- ½ tsp. Worcestershire sauce
- ¼ tsp. salt
- 1 cup milk
- ½ cup sour cream

Wash fresh broccoli; trim and cut into spears. Cook in boiling water until tender, about 15 minutes. (Or cook frozen broccoli according to package directions.) Drain and arrange in a shallow baking dish. Use the rest of the ingredients to make Deviled Cream Sauce. Melt margarine in a saucepan. Blend in the remaining dry ingredients. Add milk all at once. Cook and stir until bubbly and thickened. Stir a small amount of the hot mixture into the sour cream. Return all to the hot mixture. Heat through, but DO NOT BOIL. Makes 10 servings. Cauliflower may be substituted for the broccoli.

Deputy Carolyn Louise Graff,
Carpio, N. D.

Peas And Mushrooms

- 2 tbsps. butter or margarine
- 2 tbsps. chopped onion
- ½ lb. mushrooms, sliced
- 2 10-oz. pkgs. frozen peas, thawed and drained
- 1 tbsp. fresh lemon juice
- ¼ tsp. salt
- Dash pepper

In large skillet, melt butter over medium high heat. Add onion and cook, stirring often, 3 minutes or until soft. Add mushrooms and cook, stirring, 5 minutes or until mushrooms are tender. Stir in peas, lemon juice, salt, and pepper. Cook, stirring, 3 to 5 minutes.

Deputy Donald Ray Puckett,
Springville, Ind.

Kraut

- 1 green can kraut
- 2 tbsps. bacon or pork grease
- 1 nice-size potato

Empty green can kraut into colander and rinse with cold water. Cover with cold water and boil about 15 minutes. Add bacon or pork grease. Grate potato, boil 10 more minutes. Serve over mashed potatoes.

Mrs. Margaret Henderson,
Supreme Oracle,
Rock Island, Ill.

Freezer Corn

35 ears of corn or 16 to 18 cups cut fresh corn
1 lb. butter
1 cup half and half

Husk and wash corn. Cut from cob and put in large roaster. Add butter and half and half. Put the roaster of corn into a 325° F. oven and bake for 1 hour, stirring occasionally. Remove from oven. Cool by placing in sink filled with ice water. When cool, package and freeze as quickly as possible. To serve, heat corn and add salt if desired.

Deputy Donna Mae Pietz,
Huron, S. D.

Zucchini Base

12 cups stewed mashed zucchini
1 cup molasses
3 cups sugar
4 tsps. salt
2 tsps. cloves
4 tsps. nutmeg
8 tsps. cinnamon

Combine and cook over low heat until thick. Seal in jars. Makes about 3 qts. It may be frozen but leave an inch of head room in container for expansion. Use in zucchini bread, cookies, cakes, in same amount as fresh zucchini.

Supervisor Kathryn A. Russell,
Newman Lake, Wash.

Sunshine Carrots

5 medium carrots
1 tbsp. sugar
¼ tsp. salt
¼ tsp. ginger
¼ cup frozen orange juice concentrate
2 tbsps. butter

Cook carrots until tender. Drain. Combine sugar, salt, ginger, and orange juice concentrate. Cook, stirring constantly, until mixture thickens. Boil 1 minute. Stir in butter. Pour over hot carrots.

Deputy Dorothy May Eissinger,
Parshall, N. D.

Baked Potatoes On The Grill

Idaho potatoes
Apple slices
Onion slices
Butter

Cut about 8 slits in an Idaho potato. Put apple slices and onion slices in alternate slits. Then wrap the potato in aluminum foil with a big hunk of butter. Place on the coals until done.

Supervisor John D. Donohue,
Oak Lawn, Ill.

Broccoli And Rice

1 pkg. frozen broccoli
1½ cups cooked rice
1 can cream of chicken soup
1 6-oz. jar Cheez Whiz

Thaw broccoli enough to separate. Add to cooked rice. Pour cream of chicken soup on top of broccoli and rice mixture. Spread Cheez Whiz over top and bake at 350° F. for 35 to 40 minutes.

Supervisor Ricky Gauer Lewis,
Ipswich, S. D.

Snappy Green Beans

4 slices bacon
¼ cup chopped onion
2 tbsps. bacon fat
1 to 2 tbsps. tarragon vinegar
½ tsp. salt
Dash pepper
1 can green beans

Fry bacon until crisp, drain. Cook onion in bacon fat until tender. Add tarragon vinegar. Season with salt and pepper. Pour over green beans that have been heated. Crumble bacon on top. Serves 3 or 4.

Supervisor Mary S. Hardy,
Sergeant Bluff, Iowa

Eggplant Parmegiana

Sliced eggplant
Beaten egg
Wheat germ
½ Hunt's herbed seasoned sauce
or Ragu Italian Sauce (no meat), diluted
Oregano
Mozzarella cheese

Dip sliced eggplant in egg. Roll in wheat germ. Place in baking dish and pour sauce over top. Sprinkle with oregano. Bake at 350° F. for 30 to 40 minutes. Layer cheese on top and bake for 15 minutes more.

Supervisor Raymond D. Mittan, Jr.,
Maitland, Fla.

Corn Pudding

1 can corn, cream style or whole kernel
1 cup milk
2 eggs
¼ cup sugar
Salt and pepper to taste
2 tbsps. cornstarch
2 tbsps. butter

Butter casserole dish. Add corn, salt, and pepper. Melt butter and pour over corn and mix slightly. Add milk to cornstarch; mix thoroughly. Beat eggs until foamy. Add sugar. Put egg and cornstarch mixture together and pour over corn. Bake at 375° F. for 45-50 minutes.

Deputy Charlotte M. Fichtel,
Aurora, Ill.

Tempura Batter For Vegetables

3 egg yolks
Dash salt
2 cups cold water
2½ cups sifted flour
3 to 4 cups peanut oil for frying
Vegetables

Beat the egg yolks, salt, and water. When the mixture is smooth, gradually sift in the pre-sifted flour, stirring constantly. Stir only until batter is combined. Heat oil to at least 370° F. but not more than 375° F. Dip the vegetables in the batter and carefully drop them into the oil. Fry until brown and puffy and they have risen to the surface. Drain on paper towels and either serve immediately or keep warm in a 300° F. oven. Each batch of tempura batter will make 10 chunks of vegetables. Vegetables that can be used are onions, zucchini, cauliflower, etc.

Deputy Brenda Kay Raber,
Momence, Ill.

Stuffed Zucchini

2 six to eight-inch zucchini (large)
1 small onion, finely chopped
1 cup shredded Cheddar cheese
1 cup Ricotta cheese
1 cup plain yogurt
¼ cup mayonnaise
½ cup sunflower seeds
3 cups cooked brown rice
½ lb. Monterey Jack cheese
1 small jar Ragu Sauce

Mix together onion, Cheddar cheese, Ricotta cheese, yogurt, mayonnaise, sunflower seeds, and brown rice. Slice zucchini in half lengthwise. Scoop out and discard seeds. Cook shells in boiling salted water for 3 minutes, drain. Arrange zucchini in 12 x 8 x 2-inch baking dish. Fill zucchini with rice mixture. Dot tops with Monterey Jack cheese. Put Ragu Sauce in pan with a little water. Cover and bake at 325° F. for 20 to 25 minutes.

Supervisor Raymond D. Mittan, Jr.,
Maitland, Fla.

Quick Vegetable Dish

3 cans drained green beans
1 can Cheddar cheese soup

Mix and heat thoroughly and serve.

Deputy Anna Marie M. Hansen,
Ludington, Mich.

Lemon Vegetables

½ lb. bacon, cooked and crumbled, reserving ¼ cup drippings
1 cup finely chopped onion
½ cup lemon juice, reconstituted
½ cup water
4 tsps. sugar
1 tsp. salt
1 tsp. thyme leaves
2 lbs. carrots, pared and sliced
1 med. head cauliflower, core removed

In large skillet, cook onion in drippings; add bacon, lemon juice, water, sugar, salt, and thyme; bring to a boil and keep hot. Put cauliflower and carrots in 4 cups water and bring to a boil. Cook covered 15 minutes or until tender. Drain. Place in serving dish and pour sauce over vegetables.

Deputy Verna Jean Bortle,
Page, North Dakota

Tuna-Eggplant Pilaf

1 large eggplant, about 1 lb.
1 cup chopped onion
1 cup chopped green pepper
3 tbsps. margarine
1 10¾-oz. can cream of mushroom soup
1 12½-oz. can tuna, drained
1½ cups grated Cheddar cheese
1 tsp. garlic salt
4 to 5 drops Tabasco sauce
2 tsps. Worcestershire sauce
3 cups cooked rice

Peel and cube eggplant. In a large skillet, saute eggplant, onion, and pepper in margarine until crisp. Add soup, tuna, 1 cup cheese, seasonings, and rice. Heat thoroughly. Top with remaining cheese. Cover and heat until cheese melts. Makes 6 generous servings.

Deputy Edna M. Haines,
Taylorville, Ill.

Homemade Sauerkraut

Cabbage, as much as desired
Canning salt
Caraway seeds

Shred cabbage. Blanch by small amounts and spread on trays to cool. Sprinkle on canning salt and caraway seeds to taste. Pack in clean jars and seal. Let ferment in a warm place 3 to 4 weeks. Put jars into hot water bath or pressure cooker at 5 lbs. When pressure gets up to 5 turn off stove. Jars will seal. Keeps well. Ready to serve.

Deputy Bertha Ruth Stinar,
East Grand Forks, Minn.

Special Helps To Successful Cooking

Measurements to Remember

1 teaspoon = 60 drops
3 teaspoons = 1 tablespoon
2 tablespoons = 1/8 cup or 1 fluid ounce
4 tablespoons = ¼ cup
5 tablespoons + 1 teaspoon = ⅓ cup
8 tablespoons = ½ cup
12 tablespoons = ¾ cup
2 tablespoons + ½ cup = 5/8 cup
2 tablespoons + ¾ cup = 7/8 cup
4 ounces = ½ cup
16 tablespoons = 1 cup

8 ounces = 1 cup
1 cup = ½ pint
2 cups = 1 pint
2 pints = 1 quart
16 ounces = 1 pound
2 tablespoons fat or liquid = 1 ounce
2 cups fat = 1 pound
2 cups sugar = 1 pound
3½ cups powdered sugar = 1 pound
2⅔ cups brown sugar = 1 pound
4 cups sifted flour = 1 pound
Speck = less than 1/8 teaspoon

How Much Serves How Many

Meats, Poultry, and Fish

FOOD	WEIGHT	SERVES
Beef Round Steak	1 pound	3 to 4
Porterhouse Steak	1 pound	2
Sirloin Steak	2 pounds	4
Chuck Roast	2 pounds	4 to 6
Rib Roast (bone)	4 pounds	8
Short Ribs	1 pound	1 to 2
Stew Meat	1 pound	4 to 5
Hamburger	1 pound	4
Veal Cutlet	1 pound	3
Chops	3 chops per pound	3 to 4
Roast	2 pounds	6
Chicken Broilers	1 to 2½ pounds	2 to 3
Fryers	2½ to 3½ pounds	3 to 5
Roasters	2¾ to 7 pounds	4 to 10
Turkey	8 pounds	16
Fish Steaks	1 pound	3
Filets	1 pound	4
Whole Fish	1 pound	1
Lobster Tails	1 pound	2
Clams (raw)	1 pint	3
Shrimp (cooked)	1 pound	5 to 6
Oysters (raw)	1 pint	3
Oysters (cooked)	1 pound	6
Scallops	1 pound	6

Equivalents

You Need . . .	Food	To Get . . .
1 medium	APPLE	1 cup chopped
1 to 2 medium	BANANAS	1 cup sliced
3 medium	BANANAS	1 cup mashed
8 ounces	BEANS (dried)	3 cups cooked
¼ pound (or 1 stick)	BUTTER (or marg.)	½ cup
¼ pound	CABBAGE	1 cup shredded
1 to 2 medium	CARROTS	1 cup shredded
3 cups	CEREAL (flakes)	1 cup crushed
8 ounces	CHEESE (cottage)	1 cup
8-ounce package	CHEESE (cream)	1 cup (16 Tbs.)
6-ounce package	CHOCOLATE (chips)	1 cup
8-ounce package	CHOCOLATE (unsweet.)	8 squares (1 oz. ea.)
12 squares	CRACKERS (graham)	1 cup fine crumbs
20 squares	CRACKERS (soda)	1 cup coarse crumbs
8 ounces	CREAM (sour)	1 cup
½ pint (1 cup)	CREAM (whipping)	2 cups whipped
8 to 10 whites	EGGS (whites)	1 cup egg whites
12 to 14 yolks	EGGS (yolks)	1 cup egg yolks
1 pound	FLOUR (all purpose)	3½ cups
1 pound (sifted)	FLOUR (all purpose)	4 cups
1 pound	FLOUR (cake)	4 cups
1 pound (sifted)	FLOUR (cake)	4½ cups
1 medium	GREEN PEPPER	1 cup chopped
1 medium	LEMON	2 to 3 Tbs. juice
½ of 8-ounce package	MACARONI (elbow)	2 cups cooked
6 to 7 ounces	MEAT (cooked)	1 cup julienne strips
1 cup	MILK (evaporated)	3 cups whipped
1 can (6 ounces)	MILK (evaporated)	⅔ cup
4 ounces	NOODLES (regular)	2 cups cooked
4 ounces (shelled)	NUTS	1 cup chopped
1 medium	ONION	½ cup chopped
1 medium	ORANGE	6 to 8 Tbs. juice
1 medium	ORANGE	1 Tbs. grated rind
1 cup (uncooked)	RICE (precook. inst.)	1 to 2 cups cooked
½ cup (uncooked)	RICE (regular white)	1½ cups cooked
½ cup (uncooked)	RICE (wild)	1½ cups cooked
1 pint	STRAWBERRIES	2 cups sliced
1 pound	SUGAR (brown, firm)	2¼ cups
1 pound	SUGAR (confection.)	4 cups
1 pound	SUGAR (granulated)	2¼ cups

Common and Effective Substitutions

BAKING POWDER--1 teaspoon:
Combine ¼ teaspoon baking soda and ½ teaspoon cream of tartar.

BAKING POWDER--Using 2 teaspoons per cup of flour:
Combine 1 teaspoon baking soda, 2 teaspoons cream of tartar, and 1 teaspoon cornstarch.

BUTTER--1 cup (for baking only):
Combine 1 cup vegetable shortening and ½ teaspoon salt.

BUTTERMILK or SOUR MILK--1 cup:
Combine ½ cup canned milk, ½ cup water, and 1 tablespoon vinegar, and let stand a few minutes.

BUTTERMILK or SOUR MILK--1 cup:
Combine 1 or 2 tablespoons vinegar and enough sweet milk to fill the cup. Let it stand a few minutes.

BITTER CHOCOLATE--1 square:
Combine 3½ tablespoons cocoa and 1 tablespoon fat or oil.

BITTER CHOCOLATE--1 ounce:
Combine 4 tablespoons cocoa and 2 teaspoons butter.

CORNSTARCH--1 tablespoon (for thickening):
Use 2 tablespoons flour (approximately).

SOUR CREAM--1 cup:
Combine 1 cup undiluted canned milk and 1 tablespoon vinegar. Let it stand a few minutes.

SOUR CREAM--1 cup:
Combine 1½ tablespoons vinegar and enough sweet cream to fill 1 cup. Let it stand a few minutes.

CREAM (sour, heavy)--1 cup:
Use ⅓ cup butter and ⅔ cup milk in any sour-milk recipe.

CREAM (sour, thin)--1 cup:
Combine 3 tablespoons butter and ¾ cup milk in sour-milk recipe.

ALL-PURPOSE FLOUR--1 cup sifted:
Use 1 cup plus 2 tablespoons sifted cake flour.

CAKE FLOUR--1 cup sifted:
Use 1 cup minus 2 tablespoons sifted all-purpose flour.

SWEET MILK--1 cup:
Combine 1 cup sour milk or buttermilk and ½ teaspoon baking soda.

DRY MUSTARD--1 teaspoon:
Use 1 tablespoon prepared mustard.

ONION (fresh)--1 small:
Use 1 tablespoon instant minced onion, dehydrated.

SUGAR (granulated)--1 cup:
Use 1⅓ cups packed brown sugar.

NOTE: Substituted ingredients may not be quite as good as those specified in the recipe; however, they will be adequate.